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FLOAT ON

'I SAW NOTHING. I HEARD NOTHING': SANDRA BULLOCK LEARNS TO LET GO IN NEW FILM GRAVITY

PAGE 39

The Heisenberg uncertainty principle

Breaking Bad star Bryan Cranston says anyone could become a teacher-turned-methamphetamine producer in this crazy world

PAGE 46

Course logjam reported at Mount Royal

'Scrambling.' One professor who has taught at MRU for 27 years says she hasn't seen it like this before

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Students at Mount Royal University are being squeezed into at-capacity courses or turned away altogether, say faculty advisers, who fear it may take some learners longer to graduate as a result.

The institution delayed registration for fall courses by six weeks as it grappled with a nearly 10 per cent reduction in once-promised funding from the provincial government.

Several professors, including political scientist Lori Williams, believe that delay started a chain reaction that saw less time to forecast student demand for certain courses as well as required staffing levels.

"I have never seen it like this — we're scrambling to find places," said Williams, who's taught at Mount Royal for 27 years and has helped students find appropriate courses as an adviser for a decade. "The faculty in our department are doing the best they can to squeeze additional students in.

"There are classes where they couldn't fit any more people without violating safety regulations."

Two members of the general-education department echoed Williams' claims.

Assistant professor Roberta Lexier said a last-minute push was made to boost course numbers but that "even with those additions, every single one of our sections was full to the brim."

Department chair Karim Dharamsi added, "A certain number of students didn't get into general education at all this year and certainly didn't get into other areas because we simply didn't have courses for them."

But Phil Wasarba, the institution's associate vice-president for enrolment management, said course offerings were only reduced about three per cent this semester when compared to last, something that likely would have happened with or without the budget cuts.

He acknowledged that "a budget reduction of that magnitude will absolutely impact access for students, whether it's prospective students trying to get into the institution or those that are already here."

PICTURE PERFECT

Calgary photographer Lorne Coultman hopes his eye is good enough, as he prepares to travel to Mexico to take part in the reality show Best of the Best, along with 19 other top North American photographers. Story, page 12. GLENN KELLY/FOR METRO

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NEWS

Ward 3. Only the incumbent shows up

Ward 3 incumbent Jim Stevenson got up close and personal with voters Thursday night.

Stevenson was the lone participant in a CivicCamp forum in Ward 3.

Though the other candidate did not attend, Stevenson spoke to audience members and answered questions that had been submitted online.

The highlight of the evening was when Stevenson was asked about a living-wage policy. After warning his audience of an incoming rant, the incumbent emphatically stated his position.

"The living wage is something that hurts the very people we want to help. It cuts off the lower steps of the economic staircase," Stevenson said.

"Instead of trying to give people a forced amount, what we need to do is teach them the basics of what they can do to create more worth in the marketplace. That's not possible by just saying 'this is the living wage,'" said Stevenson.

Later, when asked about releasing his donor list, Stevenson said that he wouldn't.

"I'm going to follow the law," he said.

"My situation is an open book anyways, because you can look at the last three elections and see who donated then."

He also expressed concern over the practice itself.

"It's a phoney sense of security. I'm afraid people get misled when it comes to this," he said.

CONNOR ROSINE/FOR METRO

Ward 10 incumbent Andre Chabot listens to challenger Nargis Dossa during Thursday night's CivicCamp forum. GLENN KELLY/FOR METRO

Secondary suites a hot topic in Ward 10

CivicCamp. Candidates split on how to deal with the city's housing issues, exacerbated by floods in June

GLENN KELLY
calgary@metronews.ca

The spectre of legalized secondary suites reared its head during a candidates forum in east Calgary Thursday night.

The CivicCamp Ward 10 forum had incumbent Andre Chabot and Nargis Dossa both facing off on the issue.

With rent rising in the wake of June's flood, illegal suites have become a contentious issue on the campaign trail between prospective city councillors, with wards across the city left divided over the ethics and safety of legalization.

Dossa, a community social worker by trade, advocated for the legalization of suites as a solution to high crime rates in the Calgary's northeast, allowing authorities to keep track of the safety of its residents.

"If we do legalize it, at least they would follow the codes and I'm hoping that they will be policed better so it ensures the safety of the family," said Dossa.

Chabot dismissed the idea of a blanketed approval as a "panacea" to a looming Calgary housing crisis.

"The city of Calgary does not have the ability to legalize any suites, not one." I don't support a blanket approval of secondary suites primarily for the reason that we already have a large percentage of the secondary suites within Ward 10," said Chabot.

"Everyone is doing something illegal now. To think that by doing a blanket approval it will make everyone comply — I doubt that."

Housing solutions

Both candidates offered different options on how to solve Calgary's housing issue with Chabot calling for more high-density developments and raising the height limit at which such projects can be built, while Dossa offered the suggestion of rent control.

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We had no say on new school site: Community

Location conversation. Advocates call for better dialogue between city, school board and residents

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Residents who rallied for a new middle school in northwest Calgary that was ultimately approved say they've now been left in the dark on the actual location for the new facility.

According to emails obtained by Metro, the 900-student Royal Oak/Rocky Ridge Middle School will be erected at Royal Oak Way and Royal Birkdale Drive N.W.

But the Calgary Board of Education was also considering a second site at Rocky Ridge Boulevard and Royal Birkdale Drive N.W. and, according to area community president Jeff Walker, residents had been promised they would be surveyed as part of consultation to determine which plot was superior.

Leaked emails

In emails leaked to Metro, the Calgary Board of Education said the site for a new middle school in Royal Oak was superior to one in Rocky Ridge because it was on a flatter landscape, better situated within the designated walk zone and had better road access.

"We knew it was going to be difficult to make everybody happy, but, if there was some sort of a process, at least everybody would have had a say on what happened," Walker said Thursday.

Residents of both communities made their voices loud and clear at a public rally ahead of a slate of new schools announced by the province in May and managed to jump ahead of a school in Calgary's southeast that the public board had ranked higher on its capital plan.

Representatives with CBE administration did not return requests for an interview Thursday, but an emailed response stated, "The provincial government is leading and managing this project and all recently approved (public-private-partnership) projects, so we suggest getting in touch with them."

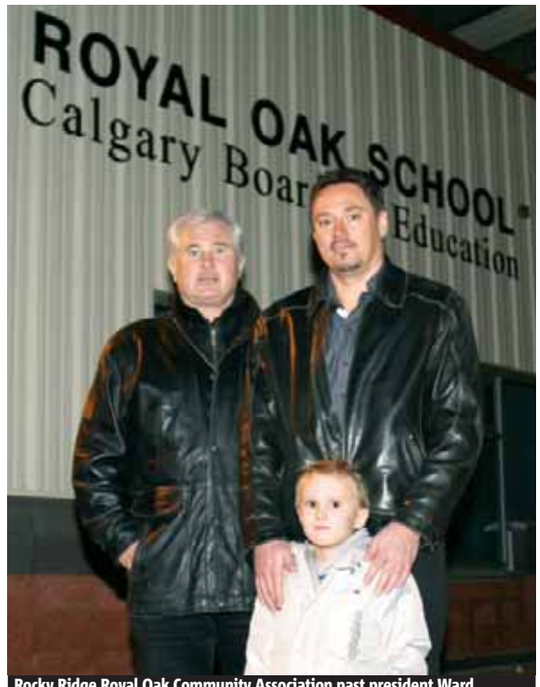
But in one of the emails provided, CBE Deputy Chief Supt. David Stevenson told area trustee Joy Bowen-Eyre, "It is the CBE that makes the site decision."

Reached Thursday, Bowen-Eyre said she pushed for more community input and admitted the process can be improved.

"I think there's a few people that are upset that they weren't consulted," she said, adding, "It's actually quite rare that you have a choice on locations. Usually, a site is set aside."

Bowen-Eyre added the community will still get to provide input on aesthetic details, like the colour of paint used on the school.

The Royal Oak/Rocky Ridge Middle School will house students in grades five to nine and is tentatively scheduled to open for classes in September 2016.



Rocky Ridge Royal Oak Community Association past president Ward Sutherland, left, and current president Jeff Walker, seen with his son Britton, say residents are frustrated that they were not consulted on a final location for a new middle school in the area. METRO FILE

Ward 1

'The system's broken', says candidate

Candidates vying to represent Ward 1 on Calgary city council agree that discussions with school boards on placement of new facilities must improve.

"The system's broken, the communication is ineffective and the end result isn't what's best for all the stakeholders, and it has to change," said Ward Sutherland, who previously served as president of the Rocky Ridge Royal Oak Community Association.

He dealt with the Calgary Board of Education during efforts to bring a middle school to his community and said the board has a recurring theme of "inadequate communication."

Fellow Ward 1 candidate John Hilton-O'Brien believes aldermen must make more effort to reach out to school boards as well.

"The real power of an alderman is that when he makes a phone call, people tend to return it," he said. "If he says, 'Look, I want you, with the school board, to sit down with the community now, not after you've already decided where to put the school,' they're probably going to sit down." JEREMY NOLAIS/METRO

Parents have a bird over PETA's Thanksgiving Day campaign

Kerri Nickel and her son, Simon, look over a controversial ad released by animal-rights group PETA on Thursday. BRYAN WEISMILLER/METRO

There's no difference between eating Tom the Turkey and Fido on Thanksgiving Day, says an animal-rights group planning to put up billboard ads near Calgary schools.

The new campaign, however, is ruffling a few feathers.

"Kids: If You Wouldn't Eat Your Dog, Why Eat a Turkey? Go Vegan," reads a copy of the ad provided to media Thursday.

Parents picking up their kindergarten-age kids at Mayland Heights Elementary School found the ad to be fowl.

"That's disgusting," said Sophia Ckat.

"What good is that?" chimed in her husband, Vanda.

PETA contends the controversial campaign will spark discussion between parents and their kids.

"Kids love animals, and if they thought about how turkeys feel pain and fear just as dogs and cats do, they'd trade in their drumsticks for a savoury slice of vegan roast in a heartbeat," campaign manager Katie Arth said in a news release.

Mayland Heights parent and former teacher Kerri Nickel was concerned about promoting a meatless lifestyle, but she wasn't clucking mad over the ad.

"We just have to be ready to talk to our kids and have a reasonable answer," Nickel said. BRYAN WEISMILLER/METRO

Ad

"Kids: If You Wouldn't Eat Your Dog, Why Eat a Turkey? Go Vegan."
New PETA ad

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Freeman. Montreal police contact their Calgary counterparts about renter

Police in Montreal say they have been in contact with their Calgary counterparts regarding a self-proclaimed sovereign citizen who is said to have a history of claiming rental properties as "embassies" and refusing to leave.

Andreas Pirelli, 48, who sources have confirmed also goes by Mario Antonacci, was charged with pushing a landlady down a flight of stairs in Montreal in 2007. An arrest warrant was issued in May 2010 when he failed to show up during his trial.

Pirelli resurfaced in Alberta this week, when senior Rebekah Caverhill went public with her two-year battle to get him out of her Calgary rental duplex. She says he identified himself as a follower of the Freemen-on-the-Land movement, claimed the property as an embassy, changed the locks and placed a lien on the home.

"The Montreal police is in contact with the Calgary police regarding Mr. Antonacci, since we have events here linked to him," confirmed Marie-Elaine Ladouceur, a Montreal police spokeswoman in an email to The Canadian Press.

Quebec's office of public prosecutions said the Montreal trial continued without the accused and the Crown completed presenting its evidence. Jean-Pascal Boucher, a spokesman for the Crown, said his office is aware of reports out of Calgary this week, but is waiting for more information.

Calgary police also confirmed they have been in touch with authorities in Montreal about the case, but did not elaborate.

The Montreal trial involved an alleged assault on a woman, Jocelyne Malouf, who said she allowed Antonacci to house-sit a home rent-free for five months while its occupant was out of the country.

THE CANADIAN PRESS

DO TORONTONIANS NOW LOVE CALGARY AS MUCH AS WE DO?

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

As the waters receded, the love proceeded

The photos and stories of the flood may have permeated the consciousness of Canadians more than we realize: Long after the water receded, their genuine interest in our growing city is still present.

This week's column comes to you from what is often known as T-dot, Hogtown, the Big Smoke or, as one boisterous mayor likes to think of it, the centre of the universe.

Yes, my life as a writer has brought me to the capital of Ontario for a series of meetings, most of which, surprisingly, end with us talking about Calgary.

I say "surprisingly" because it's not something that's really happened before.

For the past 10 years or so, I've found myself popping into Toronto every now and then, and beyond the generic "How's Calgary?" most people have never really expressed an interest in the city. But with June's flood, we still seem to be the talk of the country.

Since I started writing, people have regularly asked me why I don't live in Toronto instead, especially since I tend to write so much about Canadian entertainment.

I'd always give them a variety of reasons for why Calgary is now my home, ranging from timing to career choices and everything else in between.

They don't need to know that it's really because when I was 19-years-old, a woman on Queen Street West asked me to pierce her ear using a coat hanger and I've been terrified of running into her ever since.

The photos and stories of the flood may have permeated the consciousness of Canadians more than we realize: Long after the water receded, their genuine interest in our growing city is still present.

Now, instead of wondering why I live in Calgary, I think some of them might be wondering why they don't.

Not that I'm looking to feed into the rivalry that seems to plague any of Canada's big cities, but if the flood did any good at all, it highlighted just how young, energetic and, maybe most important, caring our city can be.

But it's not just Torontonians who have a newly confessed crush on Calgary.

Since June, Calgarians own affection for our city seems to have grown faster than the Grinch's heart on Christmas Day. I mean, Calgarians have always loved Calgary, that's why we live there after all.

But, after seeing how the city came together and overcame so much, I'm pretty sure I could walk into any bar, yell "Calgary is awesome" and the whole bar would raise their pints and start singing a rousing version of a Jann Arden's Insensitive.

Well, at least I dream that they would.

MIKE MORRISON WRITES MIKE'S BLOGGITY BLOG AND TWEETS ABOUT ANYTHING AND EVERYTHING FROM @MIKESBLOGGITY.

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New AC-equipped buses cost a cool $60M

'Setting the new standard.' Calgary Transit to upgrade 150 of its aging fleet

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Bus riders clamouring for a cool breeze on steamy summer commutes got good news Thursday as Calgary Transit declared its new models will be equipped with air-conditioning.

That revelation came as transit announced it's adding 150 new 40-foot buses to deal with an uptick in ridership. The new buses, which cost about $60 million in total, will be equipped with other bells-and-whistles like bike racks.

Transit fleet manager Russell Davies acknowledged the lack of AC on most city buses has been a long-standing gripe of the ridership.

"It's setting the new standard," said Davies on Thursday, adding the low-floor models will complete a city-wide move to improved accessibility.

With more than a million passengers passing through the turnstiles in 2012, transit director Doug Morgan said it was time to upgrade the aging fleet.

The diesel buses are expected to hit the assembly line in Minnesota in late 2013, with the first being rolled out in Calgary in December. The rest are expected to arrive by the end of 2014.

Calgary Transit currently has 1,100 buses in its fleet.

This bus is one of the new fleet of 150 that will hit city streets by the end of next year. CONTRIBUTED

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Alberta under-reports workplace injuries: Report

A University of Alberta research group says the provincial government is under-reporting workplace injuries.

The Parkland Institute says the government only notes injuries that result in lost or reduced work — about 53,000 cases in 2009.

But the institute says the actual number of people who get hurt on the job is about 10 times higher than that.

By the numbers

500K

True injury rates average around 500,000 per year in Alberta, the report says.

The institute says these numbers would be lower if Alberta required businesses to establish joint employee-employer safety committees like in other provinces.

The Alberta Union of Provincial Employees and the opposition New Democrats are calling on the government to take action.

"All employees are entitled to come home healthy after a day's work," said AUPE health and safety representative Dennis Malayko.

THE CANADIAN PRESS

Copperfield

Construction crews fend off flames

Construction workers beat firefighters to the punch when fire broke out on a balcony in Copperfield Thursday.

Fire crews were called to a condo in the 200 block of Copper Pond Common S.E. But firefighters found construction crews near the building had extinguished the blaze with assistance from a "zoom boom" lift. METRO

Labour. Teachers to vote on tentative agreement

Calgary teachers are being called back to the ballot box as local union representatives have struck a memorandum of agreement with the city's public school board.

The Alberta Teachers' Association Local 38 announced the tentative deal Thursday, but declined to provide details of the contract.

The ATA and Calgary Board of Education had been at odds over whether a province-wide teacher contract was the appropriate move, with the latter organization making it clear it would rather negotiate locally or change the tentative deal put forward by the province.

Education Minister Jeff Johnson, however, did decide to press ahead with the provincial contract without the backing of the CBE.

Teachers will vote on the new deal Nov. 6. METRO

Memories of wildfire's devastation burn bright as prevention plans set

A burnt boat motor remains as new houses under construction are being built in Slave Lake, Alta. This is the area where a fire caused $700-million in damage in 2011. JASON FRANSON / THE CANADIAN PRESS

Snuffing out a lack of safety. Alberta to thin trees around towns to thwart another Slave Lake-type disaster

The province will begin thinning trees around forest-enclosed communities as a way to prevent the wildfires that devastated homes and business in Slave Lake in 2011.

"The commitment I am announcing today is first and foremost an investment in protecting human lives and property," Diana McQueen, the minister in charge of sustainable resource development, told reporters on a conference call Thursday.

"It also confirms our pledge of continued investment in healthy forests by reducing wildfire threats."

McQueen announced the province is accepting eight more recommendations from an independent panel struck to review the circumstances around three fires that swiftly swooped in on Slave Lake and surrounding communities on May 15, 2011.

The fires destroyed more than 560 homes and businesses, burned 22,000 hectares, forced 10,000 to flee, and caused more than $700 million in insurable losses.

Accepting the eight recommendations means the province has now signed on to all 21 recommendations put forward by the panel last year, ranging from front-line prevention to better communications, and ways to get damaged communities back up and running.

McQueen said the province will allocate an additional $18 million in this year's budget for the new initiatives.

On the tree-thinning plan, the report recommends focusing on coniferous stands, particularly those with black spruce.

Alberta is 60 per cent forest with about 400 communities surrounded by timber.

Alberta already does prescribed fires every year to fight the mountain pine beetle and reduce wildfire threat.

THE CANADIAN PRESS

Fighting fire with funding

- The government will spend $11 million to expand firefighting operations, increase the number of firefighters and implement specialized firefighting crews along the lines of U.S. Hotshot program.
- Another $7 million will be used for hazardous-fuel-reduction programs in forested areas near communities.
- The total funding request is estimated at $705 million. More funds will be sought in future budgets.

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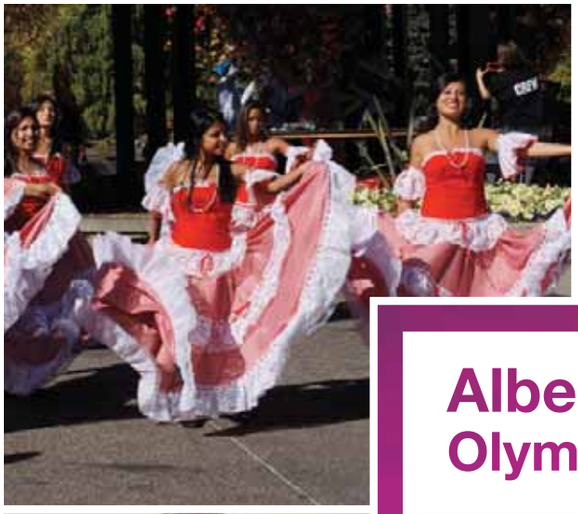

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Taxes: 'Real concern' or no?

Depending on which candidate you ask, property taxes are either a top-of-mind issue or rank well down the list of concerns for Calgarians, and the divide seems largely split along incumbent-challenger lines.

When asked what the "driving issue" in the campaign is, Ward 11 candidate James Maxim said there's one thing he's hearing a lot from area residents. "Taxes," he said. "That's a real concern."

Incumbent Brian Pincott, however, said the issue comes up "not that often at all" while he's out door-knocking.

In Ward 2, where there's no incumbent, candidate Joe Magliocca said residents routinely bring up the $52-million in "tax room" the city claimed from the province this year.

"We've been on the doors and they've been saying it should have gone back to the people," Magliocca said.

Over in Ward 3, however, incumbent Jim Stevenson said he rarely hears tax concerns from citizens.

"I'm not hearing that at the doors," he said.

Ward 1 candidate Ward Sutherland, meanwhile, said there's a "small portion" of people concerned about taxes but it's not a dominant issue.

"My point is they need to be lower, but there doesn't seem to be an outcry," he said. ROBSON FLETCHER/METRO

Ward 1 candidate Ward Sutherland signs his nomination papers. He says he hears about taxes from a "small portion" of residents. ROBSON FLETCHER/METRO

More Ward 14 traffic woes expected

Highway 22X. Midnapore and Sundance will be most affected next week

ROBSON FLETCHER
robson.fletcher@metronews.ca

A new interchange set to open Thursday in south Calgary will likely exacerbate traffic problems in Sundance and Midnapore in the short term, say both candidates running for the area's seat on city council.

Both Ward 14 incumbent Peter Demong and challenger Shawn Kao expect increased cut-through traffic on Sun Valley Boulevard with the opening of new access points onto and off of Highway 22X.

Area residents have been raising concerns for years about high-speed traffic using the boulevard as an alternate connection between Macleod Trail and 22X, as the intersection between those two major routes is prone to congestion.

"In all likelihood, until the construction on the Macleod Trail bridge deck is completed there will be a number of extra cut-throughs (on Sun Valley Boulevard)," Demong said Thursday.

"People have cut through it historically, and people will keep cutting through it unless you take a more major stance on it," Kao said Thursday, adding that he would like to see the city reclassify Sun Valley Boulevard so the speed limit can be reduced to 50 km/h.

Demong said he's been exploring that option for years but it's unlikely council as a whole would approve changing the route's classification, as its current status is entrenched in the Calgary Transportation Plan.

The best solution is accelerating more substantive upgrades at the Macleod/22X interchange, Demong added.

Cultural colours of Columbia College

Somalian dancers perform during International Day 2013 at Columbia College. The event gave many international students at the college a chance to showcase their home country's culture. GLENN KELLY/FOR METRO

Youth charged in St. Albert drug case

RCMP have arrested an Edmonton-area youth on drug charges after an investigation into two other boys who were sent to hospital in medical distress.

Police say the 14-year-old and 16-year-old who were sent to hospital had taken a synthetic form of marijuana known as K2 or Spice.

They have since been discharged from hospital.

RCMP say a 16-year-old boy has been charged with criminal negligence causing bodily harm and breach of probation.

He appeared in an Edmonton court Thursday and is to appear in St. Albert youth court on November 5.

Police say they were called Monday about a 14-year-old boy having seizures in a back alley in St. Albert and later got another call about a 16-year-old boy in medical distress at a school parking lot.

RCMP have said there could be more of this drug in the community and are urging families to talk about the dangers of drugs. THE CANADIAN PRESS

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Lorne Coultman will be packing up his gear and heading to Mexico to compete in a reality show. GLENN KELLY/FOR METRO

Photo pro set to blow away foes on reality show

... in Mexico. Calgarian and master portrait photographer ready to be Best of the Best

GLENN KELLY
calgary@metronews.ca

Some do it for the money, others for the women. Calgary photographer Lorne Coultman does it for the light.

"I've always considered myself someone that can see light. If you can see light, that's what I think is what changes you from an amateur to a professional."

Coultman is a master portrait photographer who has worked in the business for over 30 years, capturing the faces of Jehan Sadat, Danny Thomas and Mother Teresa.

Now he's preparing to compete on the reality series Best of the Best as one of 20 photographers chosen from across North America.

And make no mistake, he says, he's ready to take first place.

"By winning, that opens doors for me. Secondly, no Canadian photographer has ever won," says Coultman.

The series will take him to the sunny beaches of Mexico's Mayan Riviera, where he and the other photographers will photograph models in exotic locales.

Ever the consummate professional, dressed in one of his signature colour-co-ordinated suits, Coultman says he is thinking of his time on the show as if it were like any other job.

"My idea is that I take photography seriously; it's a profession. I'm going down there to do a professional job," he says.

Eyes on the prize

"Obviously I'm going down there to win. I'm not going down there to be second."
Calgary photographer Lorne Coultman

Lawyer accused of trying to sneak meth to inmate

An Edmonton defence lawyer has been accused of bringing methamphetamine into the Edmonton Remand Centre.

On Sept. 19, correctional officers became suspicious about a package handed to an inmate at the institution.

When they seized the package, they say they found six grams of methamphetamine.

"The correctional peace officers noticed some contraband and seized it after it had been given to the inmate," said Clair Seyler, a spokesperson for Edmonton police.

Police believe the drugs would have a value inside the institution of nearly $6,000, well above what they would be able to garner outside the jail.

Justin Sidhu, 31, was arrested on Wednesday. The investigation was led by the institutional investigative unit, which works closely with prison guards, and was formed this year to focus on crimes at institutions.

RYAN TUMILTY/METRO IN EDMONTON

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Ditch the public consultants: Paper

Manning Foundation.
City would be better off relying on polling data and the market to guide decisions: Think-tank

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's recent trend toward public consultation doesn't provide an accurate picture of public sentiment and should be abandoned in favour of more market-driven decision making, according to the Manning Foundation.

An opinion paper published Thursday by the conservative think-tank claims "phoney public consultations undermine democracy and the market" by presenting decision-makers with biased information that's not representative of the public's actual wishes.

Brianna Heinrichs METRO

"If you say, 'Let's do a public consultation about biking in Calgary,' all of your avid cyclists are going to show up at this consultation, whereas drivers will say, 'Why do I need to show up?'" said the paper's author Brianna Heinrichs, a master's student at the University of Calgary.

"A single mom who's working two jobs, she's not going to have the time to go to a public consultation."

Manning Centre senior fellow David Seymour said the city would do better to rely on scientific polling to gather feedback, as it offers more representative samples of public opinion.

"One of the results of having an unrepresentative sample informing council decision making is actually a wide range of other people lose choice in the marketplace because policies and restrictions end up getting put in place," he said.

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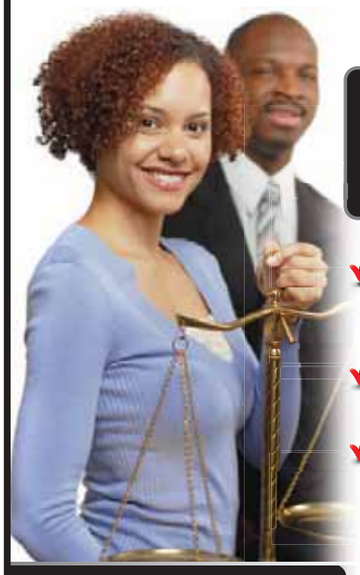

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Woman 'humiliated' in medical exam, court martial told

Court martial. Retired petty officer 2nd class James Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women

A former military medical technician left women feeling uncomfortable and even "humiliated" after he touched or looked at their breasts during physical examinations, a court martial heard Thursday.

The second day of a court martial for James Wilks, a petty officer second class who is now retired, featured the testimony of several women who described similar experiences of having their breasts and nipples fondled during exams.

Their identities are protected under a publication ban.

Former military medical technician James Wilks at his court martial. FRED CHARTRAND/THE CANADIAN PRESS

One of the women said Wilks ordered her to expose her breasts so he could touch them during a physical exam.

She said he spent a minute or two touching her breasts before ordering her to pull up her hospital gown and get off the examination table.

The woman choked up several times as she spoke.

She described how Wilks then told her to bend over and touch her toes while she was wearing only the gown and her underwear.

She said he ordered her to keep her hands on her toes when she tried to keep her loose-fitting underpants from slipping. Wilks pulled up her underpants and held her gown as she was bent over, the court martial heard.

"I was humiliated," she said.

She told the court martial Wilks was "very firm" and didn't give her the impression a breast exam was optional. She described him as "intimidating."

Maj. David Hodson, who represents Wilks, accused the witness of fabricating the episode. Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women over six years. THE CANADIAN PRESS

Cross-border energy. Harper talks tough in New York on pipeline

Canada won't "take no for an answer" from the U.S. when it comes to the Keystone XL pipeline, Prime Minister Stephen Harper said Thursday.

The logic in support of the project going ahead is "overwhelming," and governments at all levels on both sides of the Canada-U.S. border are endorsing it, Harper told a high-powered business audience in New York.

"My view is that you don't take no for an answer," Harper said. "We haven't had that. If we were to get that, that won't be final. This won't be final until it's approved and we will keep pushing forward."

Harper also dismissed the divide between his government and the White House over projections of how many jobs Keystone XL will create. THE CANADIAN PRESS

Stephen Harper delivers remarks in New York. ADRIAN WYLD/THE CANADIAN PRESS

Justice minister

Cyberbullying bill coming soon

Justice Minister Peter MacKay says the Tories will introduce new legislation in the fall to fight cyberbullying.

MacKay was at the Canadian Centre for Child Protection in Winnipeg to make a donation to mark the birth of Prince George.

MacKay says the whole nation has been touched by the death of a 15-year-old Saskatchewan boy who was apparently driven to suicide because of bullying. THE CANADIAN PRESS

Arctic Ocean

Chopper wreck recovered

The Coast Guard says it has recovered a helicopter that crashed and sank in the icy Arctic Ocean, killing three men.

Two ships worked to recover the wreckage of the chopper that went down Sept. 9 in M'Clure Strait. THE CANADIAN PRESS

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Rare photo of an eagle attacking a deer

In this photo taken by a remote camera set up to track Siberian tigers at a nature reserve in the Primorye region of Russia's far east in 2011, a golden eagle attacks a deer. This is one of three photos snapped as the massive bird, which typically eats small birds and mammals, dug its talons into the animal.

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Dominican Republic

Many Haitians stripped of citizenship

The Dominican Republic's top court on Thursday stripped citizenship from thousands of people born to illegal migrants, a category that overwhelmingly includes Haitians brought from their neighbouring homeland to work on farms. The decision cannot be appealed, and it affects all those born since 1929.
THE ASSOCIATED PRESS

By the numbers

The constitutional Court's ruling says officials are studying birth certificates of more than 16,000 people

- **40,000** people of Haitian descent have been refused identification documents.
- **500,000** Haitian migrants now live in the Dominican Republic.

Prince Harry to the rescue

Britain's Prince Harry, attends a reception for MapAction at the Royal Society, in central London, Thursday Sept. 26, 2013. MapAction's service is unique: It's the only non-governmental organisation with a capacity to deploy a fully trained and equipped humanitarian mapping and information management team anywhere in the world, often within just hours of any disasters. IAN VOGLER/THE ASSOCIATED PRESS

Ex-president convicted of war crimes

Historic verdict. Taylor is the first head of state convicted by international war crimes court since World War II

Taylor's lawyer Morris Anyah
KOEN VAN WEEL/THE ASSOCIATED PRESS

More than a decade after fuelling a murderous campaign of terror in Sierra Leone by supplying rebels with arms, Charles Taylor was definitively convicted and imprisoned Thursday for 50 years, in a ruling that finally delivered justice for victims.

The appeals chamber of the Special Court for Sierra Leone upheld the 65-year-old former Liberian president's conviction on 11 counts of war crimes and crimes against humanity, including terrorism, murder, rape and using child soldiers. Taylor is the first former head of state convicted by an international war crimes court since World War II and Thursday's confirmation was welcomed as underscoring a new era of accountability for heads of state.

"This is a historic and momentous day for the people of Sierra Leone and the region," U.N. Secretary-General Ban Ki-moon said in a statement.

"The judgment is a significant milestone in international criminal justice, as it confirms the conviction of a former head of state for aiding, abetting and planning war crimes and crimes against humanity."
THE ASSOCIATED PRESS

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Ottawa. Two girls plead guilty, third still on trial in teen prostitution case

Two of three teenaged girls accused of forcing other teens into prostitution have entered guilty pleas in a surprise about-face at their Ottawa trial.

Court was told Thursday that the two girls had reached a resolution with Crown prosecutors.

Justice Diane Lahaie has ordered a pre-sentence report and a psychiatric review of a girl who pleaded guilty to six charges, including human trafficking, making and distributing child pornography and exploitation.

She is to be sentenced on Dec. 20.

A 17-year-old girl facing the fewest charges in the case pleaded guilty to four charges including exploitation, assault, uttering threats and breaching the conditions of her bail.

The third accused, a 16-year-old girl facing the most charges in the case, did not change her not-guilty plea. Her trial will continue in October. THE CANADIAN PRESS

Duck Lake, Sask.

Boy accused of threatening to shoot school staff

Mounties have charged a 15-year-old boy after staff at a school in northern Saskatchewan say a student threatened to shoot them.

RCMP Sgt. Craig Cleary says police got a complaint on Wednesday from three staff members at Stobart Community School in Duck Lake.

The boy is charged with three counts of uttering threats and mischief and is scheduled to appear in provincial court in Saskatoon on Friday. THE CANADIAN PRESS

Families worry over jailed Canadians in Russia

Greenpeace. Although Russian President Vladimir Putin said Wednesday the activists aren't pirates, he defended their detention

The families of two Canadian Greenpeace members jailed for two months Thursday in Russia after protesting near an oil platform remain concerned for their safety.

It has been one week since the Coast Guard seized a Greenpeace ship after several members of its crew attempted to scale the Arctic platform. The Arctic Sunrise, with 30 people on board, was towed to Murmansk in northwest Russia, where the crew is being investigated for piracy.

According to Greenpeace, 22 activists have been jailed for two months. A further eight members are being held for three days.

Among those detained for two months are Canadians Paul Ruzycki, 48, of Port Colborne, Ont., who served as chief mate, and Alexandre Paul, 35, a boatswain from the Montreal area.

No charges have yet been brought against them. Ruzycki's sister, Patti Ruzycki-Stirling, said officials told her the two-month detention was "a preventative measure to ensure that they do not flee the country while Russia is trying to figure out what charges to lay."

She said her family remains worried, particularly because Ruzycki suffers from lupus, an autoimmune disease, and likely doesn't have access to his medication.

Ruzycki's mother, Nicole, told the Torstar News Service from her home in Pike River, Que., that Canadian diplomats have told her that her son is doing well. TORSTAR NEWS SERVICE

Canadian Greenpeace activist Paul Ruzycki looks out from a defendant's cage in a Russian court. IGOR PODGORNY/GREENPEACE/HANDOUT

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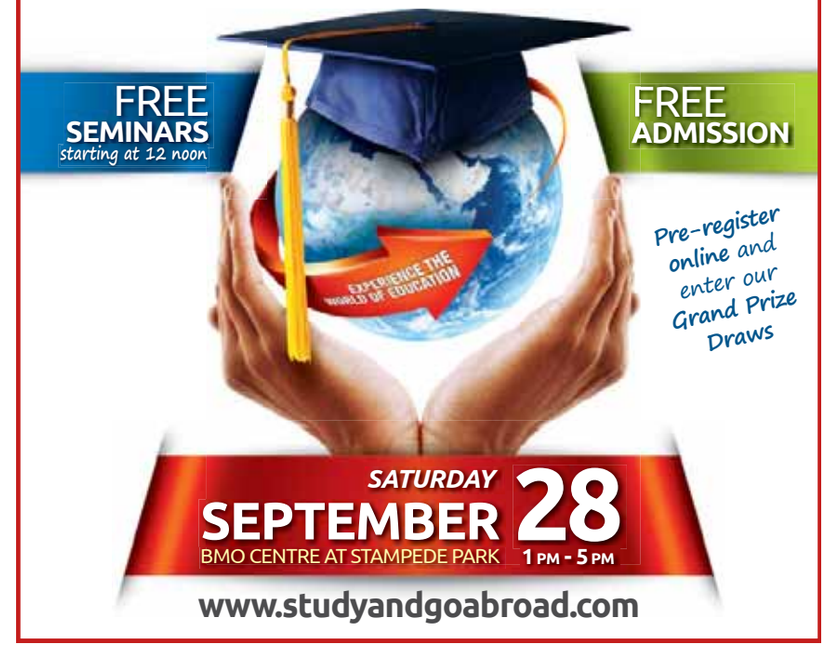

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Kingston prison closing its doors

Canada's Alcatraz. Kingston pen has been home to serial killers such as Clifford Olson and Paul Bernardo

A photo taken inside the Kingston Penitentiary in the early '90s. DICK LOEK/TORSTAR NEWS SERVICE

Child killers, rapists, drunks, horse thieves and even boys and girls have all spent time within its high, foreboding walls. Hard time.

Within days, however, its cells will be empty and the historic Kingston Penitentiary, the country's most notorious prison, officially closes.

Since its opening in June 1835, the lakeside "pen" some have dubbed Canada's Alcatraz has been home to assorted miscreants and a veritable who's who of the country's worst criminals.

In recent times, the list includes serial child killer Clifford Olson; Paul Bernardo, who raped and killed two schoolgirls; and Mohammad Shafia, who helped drown his three teenaged daughters.

Appropriately, perhaps, it's long been known by prisoners as the Hall of Shame.

Lee Chapelle, a property offender who spent relatively short stints in "KP" in 2001 and 2008, says it was an old rundown dirty "dungeon" that stood out among the various prisons he'd been in.

"The moment you go through the gates, there is a darkness about it," Chapelle said from Goderich, Ont.

"You feel the heaviness in the air."

The penitentiary, among the oldest continuously used prisons in the world, is closing because the federal government says it is outdated and too expensive to run. Its future, perhaps as some kind of tourist attraction, is uncertain.

What is certain is that if its tiny, windowless cells and thick stone walls could speak, they would tell stories of violence — perpetrated by, and on, those sent to the infamous Big House.

THE CANADIAN PRESS

Behind bars

Notable inmates

Paul Bernardo: Convicted in 1995 in Toronto of raping and killing schoolgirls Leslie Mahaffy and Kristen French.

Clifford Olson: He was convicted in 1982 of killing 11 children. He may have killed more.

Russell Williams: The former commander of CFB Trenton, an air force colonel, was convicted of killing two women in 2010 near the eastern Ontario base.

Marie-Anne Houde: She was convicted of murdering her stepdaughter Aurore Gagnon, 11, in Fortierville, Que., in 1920.

Wayne Boden: The "Vampire Rapist" was convicted in 1972 of raping and killing three women in Montreal and one in Calgary. THE CANADIAN PRESS

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A Hells Angels member was found dead on Thursday by Quebec Police. GETTY IMAGES

Hells Angel discovered dead by Quebec police

Montreal. Police closed in on a small cottage that the biker had been hiding in since fleeing

Escaped prisoner and Hells Angels member Rene Charlebois has been found dead on an island northeast of Montreal, according to CTV Montreal.

Quebec police confirmed that the body of a man was found early Thursday morning at a residence in the municipality of Ste-Anne-de-Sorel. CTV Montreal has confirmed from sources that the body is that of Charlebois.

Guards at the minimum-security Montée St-François prison in Laval, Que., discovered he was missing during nighttime head count on Sept. 14.

Charlebois was a high-ranking member of the Hells Angels Nomads chapter and had been incarcerated at the Montée St-François Institution since 2003 for, among other charges, killing a police informant.

TORSTAR NEWS SERVICE/METRO

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‘The white widow’ wanted in connection with terrorist plot

Samantha Lewthwaite. She’s the daughter of a former British soldier, was born in Northern Ireland and grew up northwest of London

The tabloids call her “the white widow,” a Northern Ireland-born Muslim convert who was married to one of the suicide bombers in the 2005 attack on London’s transit system. And for days now, the British media have been rife with speculation she took part in the terrorist takeover at a Nairobi shopping mall.

On Thursday, Interpol, acting at Kenya’s request, issued an arrest notice for 29-year-old fugitive Samantha Lewthwaite — not in connection with the mall attack, but over a 2011 plot to bomb holiday resorts in Kenya.

If Lewthwaite indeed embraced the jihadi cause, it would mark a chilling turnaround for the apparently grieving widow who originally condemned the London transit bombings and criticized her late husband, Jermaine Lindsay, for taking part.

Officials have not made public any evidence linking her to the mall attack. The Interpol notice did not mention it. And al-Shabab, the Somali Islamic extremist group behind the takeover, denied any female fighters participated.

Interpol said this is the first time it has been asked to issue a “red notice” for Lewthwaite. The wanted-person alert said she is wanted on charges of possessing explosives and conspiracy to commit a felony in December 2011.

“Kenyan authorities have ensured that all 190 member countries are aware of the danger posed by this woman, not just across the region but also worldwide,” Interpol said in a statement.

There was no immediate explanation from Kenyan police on why it asked for the alert now.

After the London bombings, Lewthwaite stayed largely out of view until March 2012, when her name surfaced in a Kenyan terrorism investigation.

Kenyan officials said at the time that Lewthwaite and other foreigners travelled to Kenya in 2011 to plan a bomb attack on the Kenyan coast over the Christmas holidays.

Authorities said Lewthwaite, who at the time was pregnant by her new Kenyan husband, was in charge of finances for the planned attack, and they suspected she had rented several houses in Mombasa to assemble a bomb.

A view of a laptop computer screen showing the Interpol website, which features a Red Notice for the arrest of Samantha Lewthwaite, inset. She is wanted in connection with a 2011 plot to bomb holiday resorts in Kenya. OLI SCARFF/GETTY IMAGES; INSET: INTERPOL VIA GETTY IMAGES

Detonator caps and bomb making materials similar to those used in the London transit attacks were found in a house she shared with an accomplice, according to officials. The group was allegedly collaborating with Kenyans sympathetic to al-Shabab.

In December 2011, Kenyan anti-terrorism police found a woman they believed to be Lewthwaite in the house, but they let her go after she showed them a South African passport.

Police later realized the passport was fraudulent, but by the time they returned to the house, she was gone.

Valentina Soria, a security analyst and al-Shabab expert with IHS Janes, noted that Lewthwaite’s name has popped up after nearly every terror episode in East Africa over the past two years. She said Lewthwaite has long been an object of fascination as a white woman alleged to be working for al-Shabab.

THE ASSOCIATED PRESS

Shipwreck recovery

Divers find remains near Costa Concordia

Divers spotted human remains Thursday near Italy’s Costa Concordia cruise ship and DNA tests will determine if they are the last two bodies missing among the shipwreck’s 32 victims, authorities said.

The search for the remains of an Italian female passenger and an Indian waiter resumed after the capsized luxury liner was rotated upright last week in an unprecedented marine salvage operation 20 months after it crashed into a reef off Giglio Island.

The remains will be examined by forensic experts. THE ASSOCIATED PRESS

A rare find

French mountain climber stumbles upon box of jewels

A French mountain climber stumbled upon a case of dozens of cut jewels, worth hundreds of thousands of dollars — believed to be debris from one of two Air India crashes decades ago, police said.

Police Cmdr. Sylvain Merly of France’s Savoie region said the experienced Mont Blanc climber, who asked to stay anonymous, found the box marked “Made in India” while scaling one of the peak’s glaciers and turned it in on Sept. 9.

Authorities hope to find someone connected with its owner. THE ASSOCIATED PRESS

7.7-magnitude quake

Militants target relief helicopter in Pakistan’s quake-stricken area

Separatist militants fired two rockets that narrowly missed a Pakistani government helicopter surveying a region devastated by an earthquake, underscoring the dangers authorities face in helping victims in the impoverished province of Baluchistan.

The doctor in charge of the main hospital in the area said the facility doesn’t even have an X-ray machine or a laboratory and that supplies were running low, as the death toll from Tuesday’s 7.7-magnitude quake climbed to 355 with nearly 700 people injured.

THE ASSOCIATED PRESS

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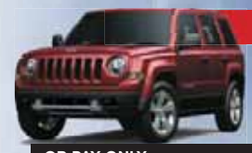

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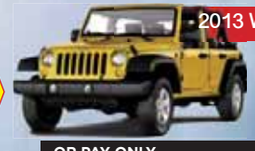

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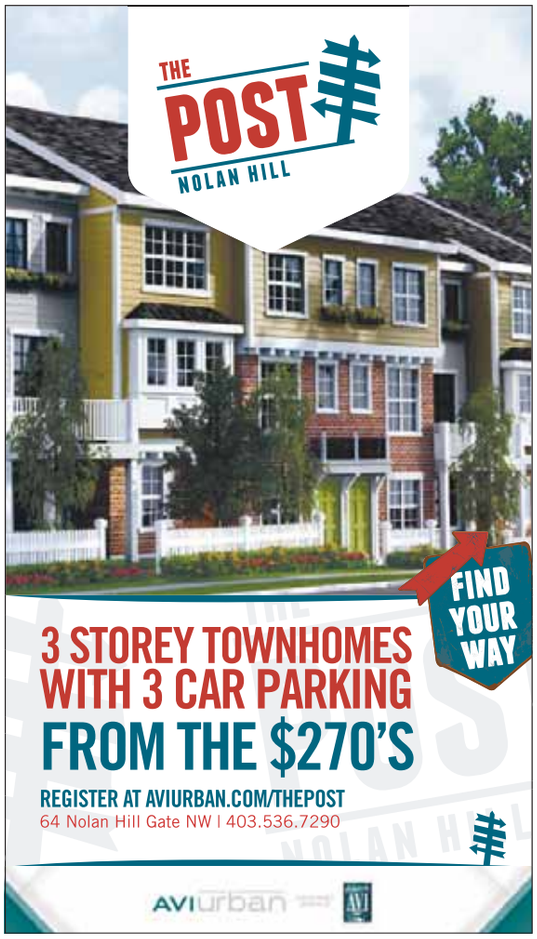

Baird wants to break up forced marriages

Problems at home. 219 cases of forced marriage in Ontario were reported from 2010 to 2012: Study

Foreign Affairs Minister John Baird, buoyed from the success of his mission at the United Nations to launch an initiative to end child and forced marriage, now hopes to turn his attention to the problem at home.

"This is all a part of promoting Canadian values," Baird told Torstar News Service in a phone interview Thursday. "We want to be a key champion to ending this practice. We really want to put this issue on the table. It's a topic people don't want to discuss. It's a difficult topic, but it's finally come out of the shadows."

Baird said he plans to meet with Minister of Justice Peter MacKay and the minister responsible for status of women, Dr. Kellie Leitch, about forced marriages in Canada, a recent report on the issue from the South Asian Legal Clinic of Ontario, and possible solutions.

His comments come on the heels of SALCO's disturbing study, which found 219 reported cases of forced marriage in the province between 2010 and 2012, of whom 97 per cent of the reported victims were women.

The majority of these cases — 81 per cent — unearthed in the study involved victims 16 to 34 years old. Most were forcibly removed from Canada and married abroad.

No specific Canadian criminal statute directly addresses forced marriage. But activities associated with it, such as threats of violence, kidnapping, forcible confinement and sexual assault, are criminal offences. TORSTAR NEWS SERVICES

Activists in Turkey protest child brides forced into marriage — a problem that also exists in Canada, according to Baird. BURHAN OZBILICI/THE ASSOCIATED PRESS

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Foreign-service strike. Feds and diplomats reach a tentative agreement

Treasury Board president Tony Clement says the federal government and Canada's striking diplomats have reached a tentative agreement.

Clement says in a statement that he signed a tentative agreement with Tim Edwards, president of the Professional Association of Foreign Service Officers.

The union and government have been at odds for months as the union's 1,350 members staged rotating job action at the Foreign Affairs headquarters in Ottawa and more than a dozen missions abroad.

The foreign-service staff were seeking parity with their counterparts in other federal departments, who they say make as much as $14,000 more per year for similar work.

The union, which has been without a contract since mid-2011, has been in a legal strike position since April.

Quoted

"This labour dispute could have been completely avoided."

Paul Dewar, NDP foreign-affairs critic

Details of the settlement were not immediately available. The union ordered an immediate suspension of all strike measures and job action.

NDP foreign-affairs critic Paul Dewar, whose Ottawa riding is home to many public servants, welcomed the settlement but blasted the government.

"This labour dispute could have been completely avoided, if the Conservatives had chosen to engage in good-faith bargaining rather than discrediting our diplomats," he said. THE CANADIAN PRESS

Peeping Tom. Man faces charges in connection to bathroom spying

A restaurant co-owner charged with observing or recording people while they were naked on a tiny camera allegedly hidden in a bathroom has turned himself into police.

Allan Bosomworth was charged Sept. 11 with one count of ``secretly observing nudity in a private place,'' and just two days later was named in an arrest warrant.

Vancouver Police Const. Brian Montague says Bosomworth turned himself in to sheriffs at the Vancouver provincial courthouse Wednesday and was escorted to the Vancouver jail.

The offence allegedly took place at the now-closed Two Chefs And A Table restaurant between Dec. 14, 2012 and Dec. 18, 2012.

The Crown alleges Bosomworth observed or recorded people in a place in which they could reasonably be expected to be nude.

Bosomworth was freed on $1,000 bail and will return for a provincial court hearing Oct. 16. THE CANADIAN PRESS

A ride through the Rideau

A cyclist makes his way along the Rideau Canal in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

Number of doctors rising alongside bill for services

More on the way.

Report says the number of physicians will continue its rise as more doctors graduate from med school

The number of doctors in Canada is at an all-time high and payment for their services has continued to rise in lock-step, hitting a jaw-dropping $22 billion last year, the latest figures show.

Canada had more than 75,000 physicians working in 2012, up almost four per cent from the previous year, says a report by the Canadian Institute for Health Information (CIHI).

Overall payments to physicians by provinces and territories rose by nine per cent in 2011-12, surpassing the growth rate of six and eight per cent, respectively, in the previous two years. Canadian doctors were paid an average of about $328,000 before taxes and expenses in 2011-12 — a five per cent increase over 2010-11. The average gross clinical payment per physician ranged from $258,000 in Nova Scotia to $376,000 in Ontario.

Last year, almost 28.7 per cent, or $6.3 billion, of the overall $22 billion in payments came through alternative modes of payment, said Walter Feeney, program lead for CIHI's physician databases.

The report suggests physician numbers will likely continue to rise in the coming years, in part because more doctors are graduating from medical schools. Last year, more than 2,600 new Canadian MDs earned their white coats, a jump of almost five per cent from 2011 and 25 per cent higher than five years ago. THE CANADIAN PRESS

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Arthur's Day, an annual celebration invented by Guinness, is seen by some as a chance to see surprise performances by top musical acts. But others see it as an event that compounds Ireland's alcohol culture. LIZ BEDDALL/METRO FILE

Ireland's alco-holiday prompts introspection

Dublin. Arthur's Day, a Guinness-sponsored annual festival, leaves a bad taste for many

Ireland's love affair with pub and pint is sparking national soul-searching as never before because of an unofficial holiday dreamed up by Guinness.

Thursday's celebrations of Arthur's Day, honouring the 18th-century founder of Ireland's quintessential drink, featured surprise musical performances in 815 pubs and clubs across Ireland as well as concerts worldwide from Malaysia to Jamaica.

Launched in 2009, Guinness says the annual festivities provide a needed tonic for a 7,500-strong Irish pub network struggling to maintain profits in the face of a five-year debt crisis that has ravaged employment and incomes.

Not a supporter

"They shouldn't call it Arthur's Day. They should call it Vomit Day."

Convenience-store manager Aisling Fitzsimons, who has to hose down the sidewalk outside the store most weekends

Many pubs are offering free pints of the dark brown stout at 5:59 p.m. — a reference to the founding of Guinness in 1759 — followed by the appearance of a band or singer, among them internationally popular acts, many kept secret until that moment. All entertainers are paid by Guinness' British parent, Diageo.

"It's really a musical treasure hunt. It's one of my favourite nights of the year," said David Doolan, a 28-year-old software engineer who plans to follow tweeted tip-offs as musical acts turn up in Dublin pubs. He's caught parts of impromptu performances by Tom Jones, Mumford & Sons and Stereophonics in past festivities.

But this year, Guinness has been put on the defensive amid surging protests that Arthur's Day is compounding an alcoholic culture that costs Ireland about $5.15 billion annually in hung-over workers, a Europe-leading rate of liver disease, late-night vandalism and violence in hospital emergency rooms.

Two performers who definitely aren't playing are Irish folk singer Christy Moore and the Celtic rock band The Waterboys. Both have penned anti-Arthur's Day songs that harness an Irish sense of unease of being played for fools by a brewing behemoth.

THE ASSOCIATED PRESS

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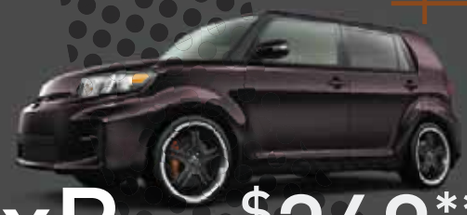

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Agriculture. U.S., Japan sign deal on organics

The United States and Japan have agreed to make it easier to import each other's organic products, the latest step in a global effort that could give consumers access to more — and cheaper — organic food.

The U.S. Agriculture Department announced an agreement Thursday that will allow organic products to be certified in one of the countries and be sold as organic in both. Producers will be able to sell their products in both countries without going through the lengthy process of getting certified twice.

The agreement is similar to a 2009 deal with Canada and a 2012 deal with the European Union. Agriculture officials say they are looking at agreements with other countries — South Korea, and possibly India, Brazil and Mexico down the road — that could also make it easier for U.S. organic farmers to sell abroad.

The result could be a flow of new products to the U.S. market and higher profits for U.S. organic producers. According to USDA, the most popular organic imports from Japan are green tea, organic sakes and organic mushrooms. The department said the Canadian agreement has increased exported organic grains to the United States, and the European pact has increased sales of their organic wines and olive oils in the U.S.

The United States exports many more organics to Japan than it imports from the country, and officials say the agreement will be a boost for the burgeoning U.S. industry — one of the fastest-growing sectors of agriculture. Organics have seen sales rise around four per cent to five per cent a year and now account for more than $30 billion US in annual sales.

Japan imports the Americans' soybeans, specialty crops like cauliflower and nuts, and processed products like frozen meals. THE ASSOCIATED PRESS

An agreement announced Thursday between the United States and Japan will allow organic products to be certified in one of the countries and sold as organic in both. JUSTIN SULLIVAN/GETTY IMAGES

Social media

Twitter, NFL ink deal to show football videos

The National Football league has struck a deal to show game highlights and other video content on Twitter ahead of the micro-messaging service's initial public offering of stock.

The deal is part of Twitter's Amplify program, which lets TV broadcasters show ad-supported video clips in users' Twitter feeds as users discuss what they are watching on TV. Other partners include The Weather Channel, the National Basketball Association, Warner Music and CBS.

Content will include highlights from NFL Network's Thursday Night Football and clips from other regular season and post-season games, along with news, analysis and fantasy football advice. THE ASSOCIATED PRESS

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Susan Koleff:
Listening to others

STEVEN CURSON
For Metro

Domestic abuse. A potential suicide. Mental health issues. Or someone simply overwhelmed by life. Susan Koleff never knows what she will be faced with when answering the 24-hour crisis line for Calgary's Distress Centre.

The Deer Run mom became a crisis line volunteer in May 2012 and says the role is both demanding and highly rewarding.

"We offer everyone who calls a safe, confidential, non-judgmental place to be heard and to be supported, and if they need to be referred on to other resources," Koleff said.

One of nearly 400 volunteers who works with professionals to staff the centre, she discovered the service when she was facing a family crisis of her own, but "never had the courage to pick up the phone."

"I made a promise to myself that if I got through this, if there was any way I could ease someone else's pain and suffering, I was going to try and do it," she said.

Koleff's year-long commitment with the centre began after an exhaustive interview process and an intensive six-week training program. It included four crisis line shifts each month, plus related activities, for a total of 250 volunteer hours.

The outgoing homemaker and outdoorswoman, known for her ability to listen and empathize, admits that no one was shocked when she decided to take on this particular challenge.

"I have always been drawn to and moved by listening to people's stories and intrigued by how people cope with such extraordinary life events," Koleff said.

"It is profoundly satisfying … being with somebody who is at their most vulnerable and to be able to comfort and support them and get help for them."

Chloe McBean, an eight-year veteran and a team lead at the centre, helped train Koleff and now mentors her.

McBean says Koleff has an affinity and self-awareness that is necessary for the job.

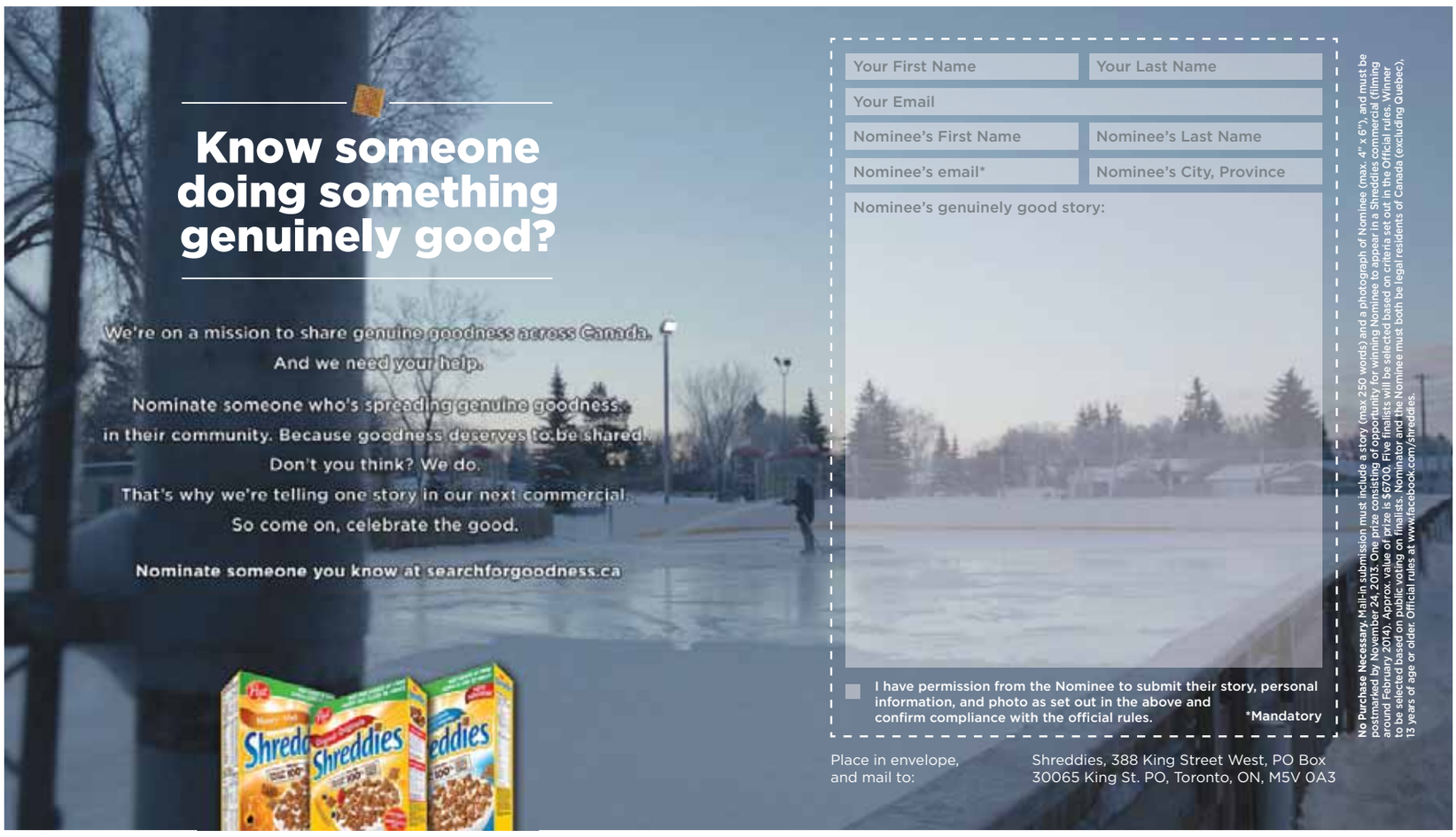
"She understands that what you want the call to be about and what the caller wants aren't always the same," McBean said.

Of the many things Koleff brings to the table, McBean says "her essence, her character has been the biggest gift overall."

Koleff, now a volunteer crisis line trainer, completed a counselling certificate program at Mount Royal University this spring and also facilitates a support group for recently diagnosed Alzheimer patients through Alberta Health Services.

"We're on the planet to connect with people and when we do connect, that's life sustaining," she said.

Susan Koleff is a crisis line volunteer for Calgary's Distress Centre. CONTRIBUTED



Twitter, YouTube and other digital platforms are changing the way companies in Canada do business, as well as creating jobs and adding economic value, a new report says. PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Digital giants contribute $7.3B to Canuck economy

New report. Industry also faces challenges including lack of R&D and skilled workers

Facebook, YouTube and other digital platforms contribute $7.3 billion a year to Canada's economy and employ nearly 80,000 people, a report says.

Whether they're being used to disseminate music, provide remote access to health care, or interact with customers, digital platforms are transforming businesses and creating efficiencies, the report called Canada's Digital Imperative: Measuring Digital Platforms' Labour Market and Economic Impact.

However, the industry also faces challenges, including constraints on corporate resources, lack of skilled workers, and inadequate research and development, the report by the Information and Communications Technology Council found.

"Digital platforms are increasingly providing enterprises with greater connectivity, resulting in profound changes in the way they do business and create and deliver digital content," the report said.

The report defines digital platforms as anything that allows content producers and consumers to interact, including social media such as Facebook, user-generated content such as YouTube and meeting applications such as WebEx.

New jobs

22,000

The industry is expected to double within five years to $14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates.

The industry is expected to double within five years to $14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates.

Most of the revenue and jobs are attributed to companies that have adopted digital platforms. Canadian companies that provide digital platform services represent less than 20 per cent of the sector, the report said.

Three-quarters of Canadian businesses say they use at least one digital platform for communicating either with staff or customers or suppliers, the study found. Nearly half said using digital platforms helped cut costs. Half also said digital platforms significantly improved customer service.

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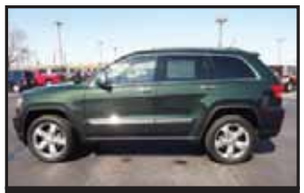

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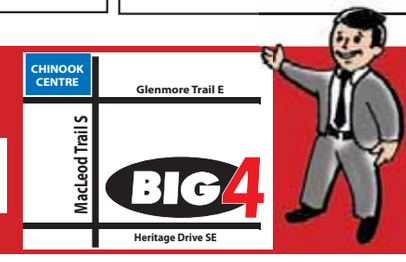


GLOBAL CHANGE NO SMALL GRATIFRY

THE METRO LIST

Neil Morton
metronews.ca

1 Social Good Summit. This conference in New York was trending on Twitter under the hashtag #2030now. It focuses on the innovative role new media can play in shaping long-term, sustainable solutions to the planet's ills, from human rights to poverty. Actor/social do-gooder Ian Somerhalder was on one panel and said we can use social media "to create quantifiable change globally." Let's do it.

2 Terry Fox. Canada's national treasure, who has inspired generations with his Marathon of Hope to raise awareness and money for cancer research, was inducted into Canada's Walk of Fame Saturday. The fight on Terry's behalf will continue until a cure is found. You can watch the Walk of Fame Awards on Oct. 27 on Global.

3 #WeirdEmmys. The Emmys were trippy and awkward, starting with Will Arnett's orange-glow tan and continuing with the curious picks for winners and the, er, lifeless tributes to recently deceased actors. Many people ended up switching to Breaking Bad or, in my case, to the season premiere of Battle of the Blades on CBC. Or it just put them to sleep before they could even channel-surf.

4 Dream Job. Richard Peddie, the former CEO of Maple Leaf Sports and Entertainment, has a new book, Dream Job, coming out Oct. 22. It promises to take us behind the scenes at MLSE and inside the boardrooms and dressing rooms of major-league sports. This is a must-read — but one I wish included a chapter on a Stanley Cup or NBA title run for the Leafs and Raptors.

5 Agents of S.H.I.E.L.D. Marvel's newest TV series, an offshoot of The Avengers, premiered Tuesday on ABC to great ratings — fuelled by a buzz campaign that saw it achieve one million fans on its Facebook page before it even aired, apparently a new record for a series launch. Further proof that everything good can be traced back to social media.

6 Dragons' Den season 8. The iconic Canadian show that has inspired countless entrepreneurs begins its eighth season next Wednesday (Oct. 2) at 8 p.m. on CBC. Special episodes this year include an only-in-Canada episode highlighting products that only Canucks could have drummed up. Such as scrotum lotion. I'm scratching my head wondering why I didn't come up with that first.

7 River Phoenix. A book called Last Night at the Viper Room, due out in October, tells the life and death story of acclaimed actor River Phoenix at age 23 in 1993. The teen idol (Stand By Me) died of a drug overdose in front of the West Hollywood club. What Cory Monteith was to the tweens/teens of this generation, River was to those of his generation.

8 Breaking Bad. The finale of this show, considered one of the best dramas ever, is this Sunday on AMC. Now that it's over, I think it's about time I start watching this show and discover how remarkable Bryan Cranston is.

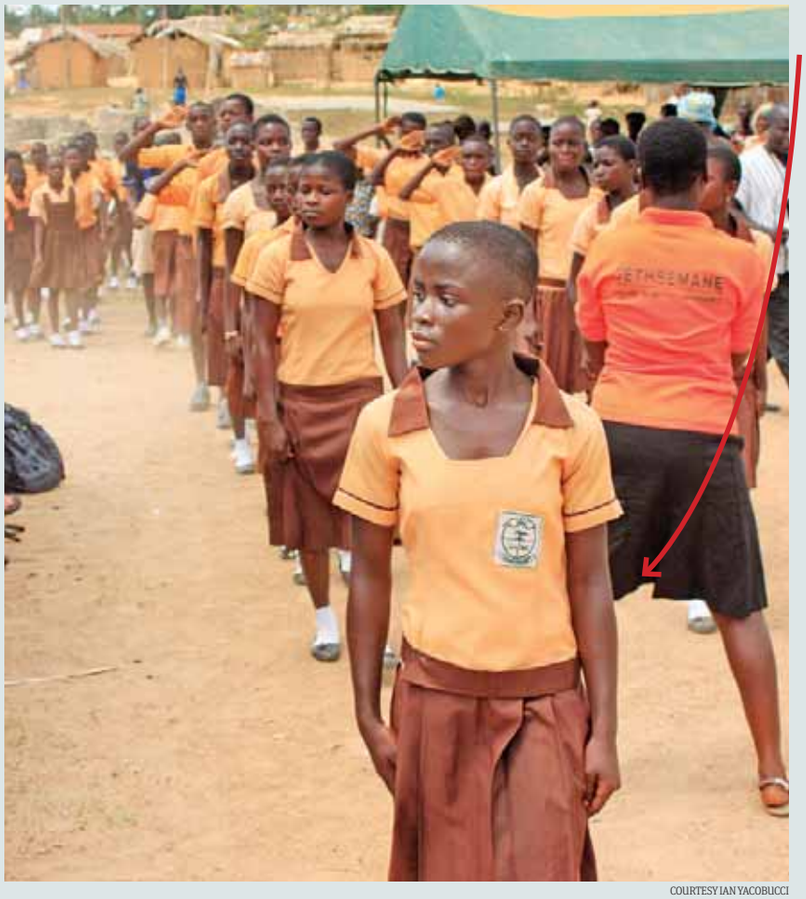
9 Anna Faris. It's always amusing to see people get on Twitter and figure out how it works. Like actress Anna Faris, who started tweeting recently, and had gems like "What the heck is retweeting? And why does it feel so good?" And then there was "I feel like the world needs to know that mayonnaise is my favorite condiment #amisupposedtohastageverytime."

10 Gratifries. You can now get a Whopper with lower-fat french fries, as Burger King is introducing Gratifries, which have 40 per cent less fat and 30 per cent fewer calories than rival fast-food fries. Now McDonald's has to introduce a GratiMac to answer the bell.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Ghana students walk the walk



COURTESY IAN YACOBUCCI

Breaking through child labour in Africa

At first glance it looks as though these students share the same struggles as any other student: homework assignments, curfew and chores.

But in actual fact they have worked hard with their community for the chance to obtain an education in a village that is plagued with child labour in the oil-palm industry.

One-third of children in Nyameyiekrom, in the western region of Ghana, cannot attend school because they are needed to chop oil-palm fruits with heavy, bladed poles by climbing high up the trees. METRO

Free the Children

- In 2008, the community of Nyameyiekrom built a small school out of bamboo for four teachers and 288 students.
- Free the Children has since built an additional school room, and are confident they will be completing more rooms with latrines and water sources in the future.
- Visit metowe.com/trips to get involved.

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ANDREW FIFIELD
andrew.fifield@metronews.ca

Whether you watch the show or not, a glance at Twitter or eavesdropping on co-worker conversations makes it perfectly clear we've hit peak Breaking Bad. If you do watch the series, there's going to be a substantial hole to fill your free time with after Sunday's finale. These will do the trick.

COURTESY GINO SANTA MARIA

Orphan Black:

The other performance/show certain folks couldn't stop talking about this year was the mighty Tatiana Maslany swapping costumes and characters as if she were brushing away a fly in this Toronto-based sci-fi clone mystery. (Available for purchase on iTunes)

Peep Show:

We don't know what's in store for us Sunday night, but we can all be pretty confident it will be bleak. Cleanse the palate by mean of one of the U.K.'s funniest shows. A simple Odd Couple setup shot entirely from the characters' first-person perspective, it's an endlessly entertaining parade of bad behaviour and poor life decisions. (Streaming on Netflix)

House of Cards:

No, not the Kevin Spacey joint that peppered bus stops and subway stations when it debuted a while back. Head for the BBC original, where the increased subtlety of the scheming nicely reflects the difference between the U.S. and British political systems. (Streaming on Netflix)

Twitter

@metropicks asked: A glitch in the Apple map app directs drivers to the Alaska airport runway. Are we becoming too dependent on technology?

@AidanNg: Technology is invented to assist and not to be blamed. We as users, are. There's a difference between being dependent and lazy

@sheldoncoelho: No, we're becoming too dependent on Apple products.

@nmilaire: This is why I stick with Google maps

@PXAbstraction: When you pay hundreds for a phone, it should do its job properly. But people should pay bloody attention.

@AlexGoatcher: I work in a visitor centre & the amount of people who are map illiterate scares me. They ask for addresses for mountains & lakes

Follow @metropicks and take part in our daily poll.

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Synopsis

When we first meet Niki Lauda (Daniel Brühl) and James Hunt (Chris Hemsworth) they are third stringers, talented Formula Three drivers desperate for a chance to move up to the big show. Bad blood flows between the two, stemming back to an incident when Hunt edged Lauda off the track the first time they faced off against one another. Cut to the 1976 Formula One season. Lauda seems unstoppable, until tragedy strikes and Lauda is badly burned in a fiery crash. During his recuperation Hunt rises in the ranks, leading to a showdown for the World Championship at the Japan Grand Prix.

- Richard: ●●●●○
- Mark: ●●●○○

Rush keeps the sappy on the sidelines and lets the racing do the driving. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Some spark, some fumes

Rush. Ron Howard's race flick leaves the romantic storyline in the pit and allows the realism of those hairpin turns to tell the story

Richard: Mark, in some ways Rush is a paint-by-numbers story — Formulaic One, maybe? — of opposites.

Lauda and Hunt face off in predictable ways — the kind of thing we've seen in other sports films — but the film really takes off in its second half when the characters show some growth and the racing scenes take centre stage.

Director Ron Howard takes us inside the cars — literally.

The races are exciting, visceral and as close as I'll ever get to rounding a hairpin curve at super sonic speeds. What did you think?

Mark: The races are well done, no doubt.

But there has to be more, and often there is. I loved the groovy Euro-'70s milieu of the movie, the sensuality of the cars themselves, and the behind-the-scenes politics of the Formula One game. But the movie is episodic, and lacks — wait for the pun — narrative drive.

Chris Hemsworth is an arrogant rogue in the Lightning McQueen mode, but Daniel Brühl plays a rival racer with the soul of an actuary.

Neither of them are exactly nice guys; in fact, they're a couple of grand prix.

RC: Ha! I liked Brühl.

It would have been easy to play Lauda as a one-note egotist, but as his character finds his passion after the horrific accident, Brühl adds complexity, bringing him to life as a fully rounded man.

Hemsworth hammers it home, proving there is more to him than playing superhero Thor in The Avengers movies, but I really thought Brühl showed the most range.

MB: Burning half your face off will often give you that range.

He goes from a man who won't smile to one who can't smile.

But he's also an unsympathetic martinet for a lot of the movie, and I kept waiting for Ron Howard to go back to the Hemsworth story, which was more fun. How do you think the movie stacks up against classic racing movies like Le Mans or Winning?

RC: I think it compares well to movies like Winning, Grand Prix and Days of Thunder, but the racing flick it has most in common with has to be Le Mans, just for sheer speed-demon spirit. Remember Steve McQueen's famous quote about racing? "Anything that happens before or after ... is just waiting."

MB: A good quote indeed. I thought Rush was a bit more realistic than the other movies, less romanticized, and had the balance of storyline and racing just about right.

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Stars. Julia Louis-Dreyfus, James Gandolfini

●●●●○

A confused L.A. masseuse meets a man at a party and begins an unlikely romance. That same night, she meets a woman she feels could be a good friend. But when she discovers their relationship, she can't withdraw. Julia Louis-Dreyfus is the deceitful masseuse, trapped in a selfish desire to have a friend and a boyfriend. Dreyfus is charming and zany and really wants to be mature, but watching James Gandolfini break his own mould to play a sensitive romantic and stretch in new ways is especially bittersweet.

ANNE BRODIE

Animation

Cloudy With a Chance of Meatballs 2

Directors. Cody Cameron & Kris Pearn

Stars. Bill Hader, Anna Faris

●●●○○

After destroying his water-into-food machine, Flint Lockwood (Bill Hader) assumes his hometown is safe from oversized food. But soon after accepting a job from his hero Chester V (Will Forte), Flint learns that his malfunctioning machine is creating a new menace: food animals. And once again, Flint and his gang must save Swallow Falls. What this fun, imaginative sequel may lack in premise, it makes up for in fantastic animation, wild inventions and even wilder "foodimals." **REGAN REID**

Documentary

Metallica: Through the Never

Director. Nimrod Antal

Stars. Metallica, Dane DeHaan

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It is difficult to imagine how anyone who's not already a fan might care about Metallica: Through the Never (although a band that has sold 100 million albums globally has a pretty solid base). In what's essentially a 90-minute music video, the concert film weaves a strong riot-themed narrative amidst the metal legends' greatest hits. While filmmaker Nimrod Antal makes it all palatable on the screen, you'll still feel pretty assaulted by the monotony — unless you're a metal-head.

STEVE GOW

Comedy

Don Jon

Director. Joseph Gordon-Levitt

Stars. Joseph Gordon-Levitt, Scarlett Johansson

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For a first attempt at writing and directing a movie, Don Jon is a promising peek at what Joseph Gordon-Levitt may have up his sleeve. In the case of this R-rated inception into filmmaking, it's a profane portrayal of a young porn-addicted Romeo who falls for the seemingly ideal woman (Scarlett Johansson). As the film progresses, Gordon-Levitt's storyline slumps a bit by repetition, but compelling performances (and a couple clever cameos) definitely compensate this crass comedy.

STEVE GOW

DVD. Iron Man 3 writer puts his own mark on the franchise

Despite writing its script, Drew Pearce wishes Iron Man 3 could have featured more Jon Favreau, who plays Happy Hogan in the blockbuster.

There was a lot of Favreau in the first two films, which follow billionaire Tony Stark, who moonlights as a superhero. Favreau also directed the two movies before being replaced by Shane Black, who co-wrote the script with Pearce.

So you can forgive Pearce for forgetting he and Black actually cut some of the former director's scenes from the film.

"There are things that are cut in the final two weeks because that's when you make some of your biggest editorial decisions. ... So Shane and I will be talking and forget that a scene like Jon's didn't even make it in the movie."

Iron Man 3 comes out on Blu-ray and DVD on Tuesday.

THE CANADIAN PRESS

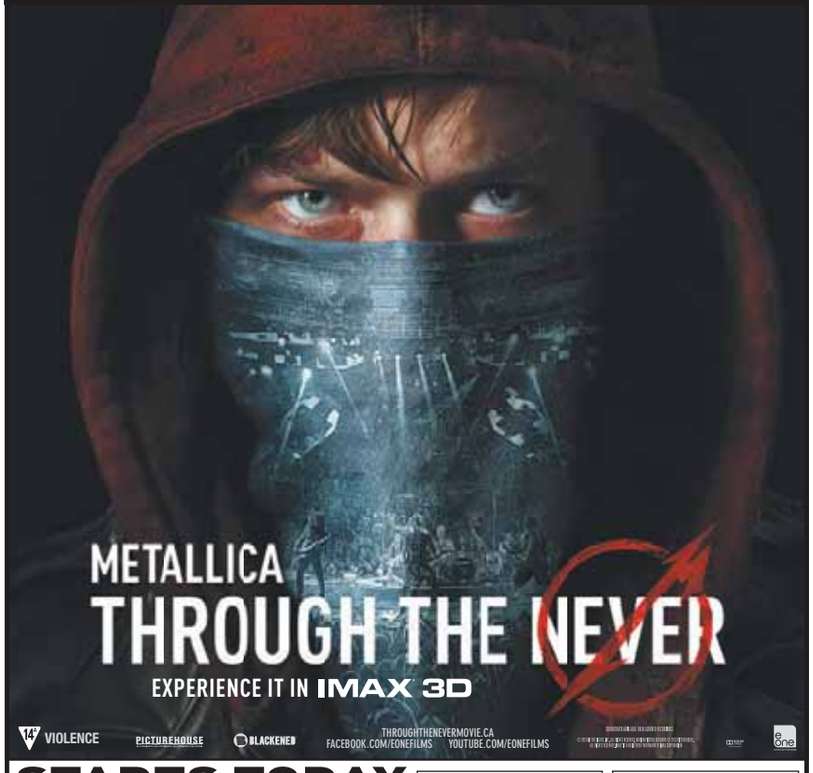
Games

Angry Birds Star Wars II

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/iPad/Android
$0.99
Yoda may finally be in the slingshot for this Star Wars-themed sequel, but it's the Emperor (voiced by Ian McDiarmid) who steals the show with "pork side" cackles.

"DAZZLING. A BETTER-THAN-THE-BEST-SEAT-IN-THE-HOUSE EXPERIENCE."
DREW MCWEENY, HITFIX



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Mara Reinstein, US weekly

Julia Louis-Dreyfus · James Gandolfini · Catherine Keener · Toni Collette · Ben Falcone

Enough Said

PG LANGUAGE MAY OFFEND
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Floating over adversity: Bullock displays gravitas in new space film

Gravity. Star of Speed, The Heat learns to convey more with less in a weighty role about a weightless astronaut

IN FOCUS
Richard Crouse
scene@metronews.ca

"I think we need to make another movie about how we made this movie," says Sandra Bullock on the filming of Gravity, her new lost-in-space film.

The Heat star plays Dr. Ryan Stone, an astronaut untethered from her space shuttle following a debris storm. Cut loose from her space partner (George Clooney) and her ride to Earth, she drifts through the inky darkness until discovering a way to survive.

"The film is about adversities, and we were going through adversities," says director Alfonso Cuarón. "Everything was a big challenge."

Technically, the shoot was arduous. Recreating the zero-gravity of space required Bullock to learn to move at 30 per cent of her usual speed, and to be trussed up like a marionette on a 12-wire system and other torturous devices.

"We had a consultant from Guantanamo Bay come in," jokes Cuarón.

Emotionally the shoot also presented issues. How could Bullock portray the impassioned inner life of the character when covered with a helmet and spacesuit for much of the performance?

"I think every actor will tell you that they are always panicked about being able to convey something with the least amount of preciousness," she says. "If all you have are your eyes or your face, just feel it truthfully. For me, I didn't think about being behind the visor. It was still my whole body feeling it.

Sandra Bullock in a scene from Gravity. COURTESY WARNER BROS. PICTURES

"But a lot of times you'd feel yourself emoting something and they'd say, 'No, we didn't see anything.' I just had to trust in what (Cuarón) saw. I saw nothing. I heard nothing. I had him in my head and I just had to trust that.

"It's a weird profession. You have to unscrew your head and screw on this other head of what this other person is going through and you go, 'Wow, that's not a pretty place to live all day.'"

Working with Clooney, who she's known since before they both were famous, also provided support.

When she was having trouble with a particular scene, Clooney sent an email with a some suggestions on how to make it work. "It's not my business," he wrote, "so throw this in the trash or use it."

As it turns out, his ideas were bang-on. "That's the gift of knowing someone for so long," she says. "He gives you gold tidbits like that. It's sweet."

Colin Hanks poses at the Guess Portrait Studio during the Toronto International Film Festival on Sept. 6 in Toronto. LARRY BUSACCA/GETTY IMAGES

Little moments tell a big story in John F. Kennedy film

Parkland. Movie relives Kennedy's assassination and doesn't shy away from focusing on the infamous day's 'supporting characters'

NED EHRBAR
Metro World News in Hollywood

Colin Hanks joins a huge cast to relive the assassination of John F. Kennedy and the days that followed in Parkland, coming out as the 50th anniversary of the event itself approaches. It gave Hanks a unique view on history and, as the chief surgeon on duty at Parkland Memorial Hospital that day, a chance to play doctor.

It's got to be an interesting challenge playing for this kind of historical accuracy.

The whole goal of this was to show it as it really was, not to play up the importance in that here's this incredibly important day that people will talk about for the next century or the next 40 or 50 years. We were really playing the importance of, "This is happening right now." The whole point of this film is to look at those moments that have been overlooked, that are not necessarily the first thing that people think about when they think about the Kennedy assassination. The stories of the people that were involved — that I call the sort of supporting characters that were on the periphery — they were thrust into a scenario where obviously for the rest of their lives they were thinking about this. So for me, I was really interested in trying to capture that elusive sort of moment in time where you just don't know what's going on and you're just trying to get your bearings. And most of the time, you're failing.

In your research, was there anything you learned that surprised you?

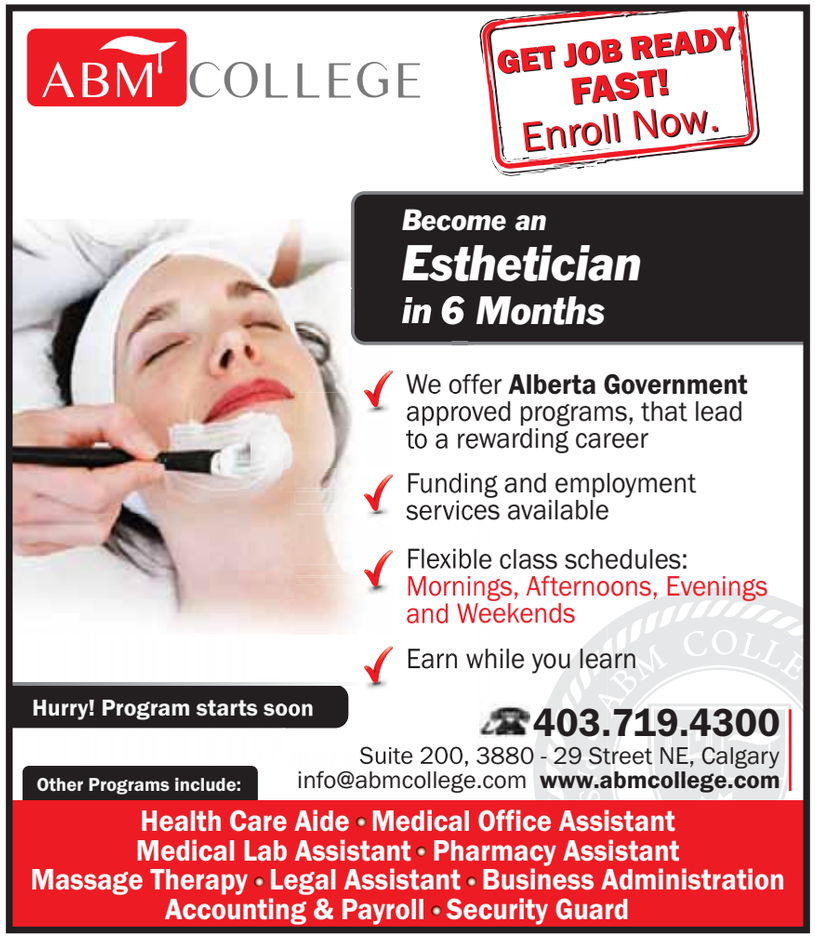
Well, I mean there's tons of stuff. The idea that the same doctors were on call when Kennedy and Oswald were brought in, I had no idea. That they even brought them to the same hospital, those kinds of things. Those little moments of history I think are really the most fascinating, and I think are also quite frankly the ones that people gravitate toward. Those little moments, I think, always speak much louder than any of the specifics that you can get into.

How much discussion was there on set about the conspiracy theories or the Oliver Stone side of things?

None, none. There was really no conversation, none of us really talked about it. You know, obviously I was only there for a small portion of the filming. It was almost like we were making our own different films and we sort of threw them all together. But it was never really a conversation. I think the goal and purpose that we had was to be so focused on these three days to not think about anything else. So that was all that we were really focused on.

You're shooting in a very confined space.

Yeah, we had 25 people in a small room, you know? And two of them were holding cameras and there was a boom operator and that was it. So it was a different way of making the movie, but again we were just focusing on those real moments. It sounds redundant because you always try to do that in any job, but this one was a different kind of acting than what I was used to and a different kind of story. We're telling a different aspect of a story that people think they already know a lot about.



THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 27 TO THURS., OCT. 3 TIMES ARE SUBJECT TO CHANGE.

Crowfoot Crossing
91 Crowfoot Terrace

2 Guns (14A) Fri-Thu 9:35
Battle of the Year 3D (PG) Fri 1:50-4:25-7:15-9:50 Sat 11:10-1:50-4:25-7:15-9:50 Sun 1:50-4:25-7:15-9:50 Mon-Thu 1:55-4:30-7:05-9:40
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri 2:05-4:30-6:55 No Passes Sat-Sun 11:45-2:05-4:30-6:55 No Passes Mon-Tue 2:05-4:25-6:55 No Passes Wed 4:25-6:55 No Passes Thu 2:05-4:25-6:55 Star & Strollers Screening, No Passes Wed 1
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri 2:35-5-7:25-9:55 No Passes Sat-Sun 12:10-2:35-5-7:25-9:55 No Passes Mon-Thu 2:35-5-7:30-9:55
Despicable Me 2 (G) Fri 2:15 Sat-Sun 11:55 Mon-Thu 2:15
Despicable Me 2 3D (G) Fri 4:40-7:10 Sat-Sun 2:15-4:40-7:10 Mon-Thu 4:45-7:10
Don Jon (18A) No Passes Fri 3:15-5:35-7:55-10:15 No Passes Sat-Sun 12:55-3:15-5:35-7:55-10:15 No Passes Mon-Thu 3:10-5:25-7:50-10:05
Elysium (14A) Fri-Sun 10 Mon-Thu 9:25
The Family (14A) Fri 2:20-4:55-7:35-10:10 Sat-Sun 11:50-2:20-4:55-7:35-10:10 Mon-Thu 2:20-4:55-7:35-10:10
Gravity (STC) No Passes Thu 10:10
Insidious: Chapter 2 (14A) Fri 2:45-5:25-8-10:30 Sat-Sun 12:05-2:45-5:25-8-10:30 Mon-Thu 2:45-5:15-7:45-10:15
Percy Jackson: Sea of Monsters (PG) Fri 2:40 Sat-Sun 12:15 Mon-Thu 2
Percy Jackson: Sea of Monsters 3D (PG) Fri 5:15-7:45-10:25 Sat-Sun 2:40-5:15-7:45-10:25 Mon-Wed 4:40-7:15-10 Thu 4:40-7:15
Planes (G) Fri 2:50 Sat-Sun 12:35-2:50 Mon-Thu 2:50
Planes 3D (G) Fri-Thu 5:05-7:20
Prisoners (14A) Fri 3:05-7-10:20 Sat-Sun 12:20-3:40-7-10:20 Mon-Thu 3-6:30-9:50
Riddick (18A) Fri-Wed 9:45
Runner Runner (14A) No Passes Thu 10
Rush (14A) No Passes Fri 1:55-4:45-7:40-10:30 No Passes Sat 11:05-1:55-4:45-7:40-10:30 No Passes Sun 1:55-4:45-7:40-10:30 No Passes Mon-Tue 1:50-4:35-7:25-10:15 No Passes Wed 4:35-7:25-10:15 No Passes Thu 1:50-4:35-7:25-10:15 Star & Strollers Screening, No Passes Wed 1
The Sisterhood of the Traveling Pants (PG) Sat 11
We're the Millers (14A) Fri 1:45-4:15-6:50-9:30 Sat-Sun 1:40-4:15-6:50-9:30 Mon-Thu 1:45-4:15-6:50-9:30

Eau Claire Market
200 Barlay Parade

2 Guns (14A) Mon-Thu 6-8:40
Blue Jasmine (PG) Fri 6:40-9:20 Sat-Sun 12:10-2:45-6:40-9:20 Mon-Thu 5:20-8
Elysium (14A) Mon-Wed 5:30-8:10 Thu 5:30
The Family (14A) Fri 6:50-9:40 Sat-Sun 12:20-2:55-6:50-9:40 Mon-Thu 6:10-8:50
Lee Daniels' The Butler (14A) Fri 6:30-9:30 Sat-Sun 12-3:05-6:30-9:30 Mon-Thu 5:40-8:30
The World's End (14A) Mon-Wed 5:50-8:20 Thu 8:20

Empire Studio 16
Country Hills
388 Country Hills Blvd.

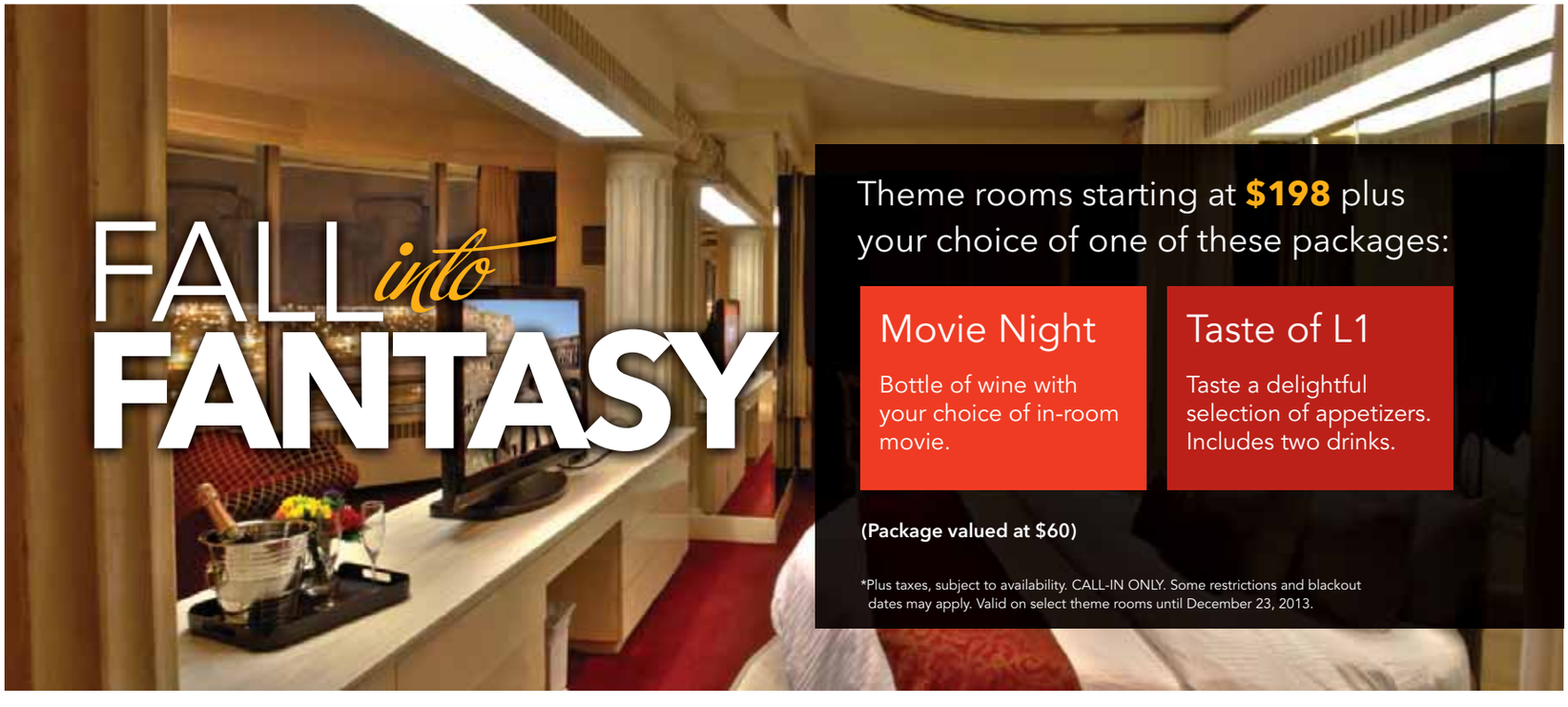
The Art of the Steal (14A) SR Dolby Digital, Stadium Seating Fri-Thu 9:50
Battle of the Year (PG) SR Dolby Digital, Stadium Seating Fri-Wed 3:45-9:40 SR Dolby Digital, Stadium Seating Thu 3:45
Battle of the Year 3D (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:25-6:35 SR Dolby Digital, Stadium Seating Mon-Thu 6:35
Besharam (STC) SR Dolby Digital, Stadium Seating, Sub-Titled Wed-Thu 3-6:20-9:45
Cloudy With a Chance of Meatballs 2 (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:50-3:45-7:05-9:50 SR Dolby Digital, Stadium Seating Mon-Thu 3:45-7:05-9:50
Cloudy With a Chance of Meatballs 2 3D (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:25-3:15-6:40-9:25 SR Dolby Digital, Stadium Seating Mon-Thu 3:15-6:40-9:25
Despicable Me 2 (G) SR Dolby Digital, Stadium Seating Fri-Sun 12:35-3:50-6:25 SR Dolby Digital, Stadium Seating Mon-Thu 3:50-6:25
Don Jon (18A) SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:30-6:10-9:10 SR Dolby Digital, Stadium Seating Mon-Thu 3:30-6:10-9:10 SR Dolby Digital, Stadium Seating Wed 1
Enough Said (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12-3-6-9 SR Dolby Digital, Stadium Seating Mon-Thu 3-6-9
The Family (14A) SR Dolby Digital, Stadium Seating Fri 12:40-3:45-7:05-10:10 SR Dolby Digital, Stadium Seating Sat-Sun 7:05-10:10 SR Dolby Digital, Stadium Seating Mon-Tue 3:45-7:05-10:10 SR Dolby Digital, Stadium Seating Wed-Thu 9:45
Gravity 3D (STC) No Passes, SR Dolby Digital, Stadium Seating Thu 10
Gravity: An IMAX 3D Experience (STC) No Passes, SR Dolby Digital, Stadium Seating Thu 10:15
Haani (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 12-6-9:20 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 6-9:20
Insidious: Chapter 2 (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:55-4:15-7:15-10:15 SR Dolby Digital, Stadium Seating Mon-Wed 4:15-7:15-10:15 SR Dolby Digital, Stadium Seating Thu 4:15-7:15
Lee Daniels' The Butler (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:05-3:10-6:20-9:45 SR Dolby Digital, Stadium Seating Mon-Tue 3:10-6:20-9:45 SR Dolby Digital, Stadium Seating Wed-Thu 3:10-6:20
Metallica: Through the Never — An IMAX 3D Experience (14A) SR Dolby Digital, Stadium Seating Fri-Sun 1-4-7-10 SR Dolby Digital, Stadium Seating Mon-Wed 4-7-10 SR Dolby Digital, Stadium Seating Thu 4-7
Nabar (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Sun 1:10-6:15-10 SR Dolby Digital, Stadium Seating, Sub-Titled Mon-Thu 6:15-10
Phata Poster Nikla Hero (PG) SR Dolby Digital, Stadium Seating, Sub-Titled Fri-Thu 3:10-9:25
Prisoners (14A) SR Dolby Digital, Stadium Seating, No Passes Fri-Sun 12:10-4:05-9:15 SR Dolby Digital, Stadium Seating Mon-Thu 4:05-9:15
Runner Runner (14A) SR Dolby Digital, Stadium Seating Thu 10:05
Rush (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:20-3:25-6:50-10:05 SR Dolby Digital, Stadium Seating Mon-Thu 3:25-6:50-10:05
We're the Millers (14A) SR Dolby Digital, Stadium Seating Fri-Sun 12:10-3:25-6:50-9:35 SR Dolby Digital, Stadium Seating Mon-Wed 3:25-6:50-9:35 SR Dolby Digital, Stadium Seating Thu 3:25-10:10
The Wizard of Oz (STC) No Passes Sat-Sun 12:40-3:45

Empire Studio 10
MacLeod Trail
100-16061 MacLeod Trail

Battle of the Year (PG) Digital Presentation, Stadium Seating Fri-Thu 12:20-6:20
Battle of the Year 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 3:10-9:20
Cloudy With a Chance of Meatballs 2 (G) Digital Presentation, Stadium Seating Fri-Thu 1-1:30-3:45-7
Cloudy With a Chance of Meatballs 2 3D (G) Digital Presentation, Stadium Seating Fri-Thu 4:30-9:40
Don Jon (18A) Digital Presentation, Stadium Seating Fri-Thu 1:45-4:20-7:45-10:20
The Family (14A) Digital Presentation, Stadium Seating Fri-Thu 6:45-10
Gravity 3D (STC) Digital Presentation, Stadium Seating Thu 10:30
Insidious: Chapter 2 (14A) Digital Presentation, Stadium Seating Fri-Wed 12:50-4:10-7:20-10:10 Digital Presentation, Stadium Seating Thu 12:50-4:10-7:20
Lee Daniels' The Butler (14A) Digital Presentation, Stadium Seating Fri-Thu 6:30-9:50
Planes (G) Digital Presentation, Stadium Seating Fri-Thu 12:30-3
Prisoners (14A) Digital Presentation, Stadium Seating Fri-Thu 12-1:15-3:30-4:45-8-9:30
Rush (14A) Digital Presentation Fri-Wed 12:40-4-7:30-10:30 Digital Presentation Thu 12:40-4-7:30 Digital Presentation, Stadium Seating Thu 10:30
We're the Millers (14A) Digital Presentation, Stadium Seating Fri-Thu 12:10-3:20-7:10-10:15

Scotiabank Chinook
6455 MacLeod Trail

The Art of the Steal (14A) Fri-Thu 10:20
Battle of the Year 3D (PG) Fri-Sun 12:50-4-7:15-9:50 Mon-Thu 1:05-4-7:15-9:50
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri-Sun 12:30-3-5:30-8 No Passes Mon-Thu 1-3:20-5:40-8
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri-Sun 12-2:30-5-7:35-10 No Passes Mon-Thu 2:30-5-7:35-10
Def Leppard Viva Hysteria Concert (STC) Wed-Thu 7:30
Despicable Me 2 (G) Fri-Sun 12:45 Mon-Thu 1:20
Despicable Me 2 3D (G) Fri-Sun 3:25-7 Mon-Wed 3:50-7 Thu 3:50
Don Jon (18A) No Passes Fri-Sun 1:10-3:30-5:50-8:10-10:25 No Passes Mon-Thu 2:10-4:30-7:05-9:35
Elysium (14A) Fri-Sun 12:20-3-5:35-8:10-10:45 Mon 2-5-10:30 Tue 2-5-7:30-10:05 Wed 2-4:35-10:05 Thu 2-5-7:30-10:05
Enough Said (PG) No Passes Fri 1-4-7:10-9:40 No Passes Sat 1:30-4:30-7:10-9:40 No Passes Sun-Tue 1-4-7:10-9:40 No Passes Wed-Thu 1-4-7:10-10
The Family (14A) Fri-Sun 12:10-2:40-5:10-7:55-10:35 Mon-Thu 2:40-5:10-7:55-10:30
Gravity 3D (STC) No Passes Thu 10
Insidious: Chapter 2 (14A) Fri-Sun 12:25-2:55-5:25-8-10:40 Mon 1:30-4-7:45-10:20 Tue-Thu 2:30-5-7:45-10:20



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Lee Daniels' The Butler (14A) Fri-Thu 1:15-4:15-7:10-10:15
Metallica: Through the Never — An IMAX 3D Experience (14A) Fri-Sun 1:40-3:55-6:10-8:25-10:40 Mon-Thu 1:40-4:30-7:30-10
Percy Jackson: Sea of Monsters (PG) Fri-Thu 1:30
Percy Jackson: Sea of Monsters 3D (PG) Fri-Wed 4:05-7:05-9:45 Thu 4:05-7:05
Prisoners (14A) Fri-Sun 12-1-3:30-4:30-7-8:05-10:30 Mon-Thu 1-2:30-4:30-6:45-8:05-10:15
Riddick (18A) Fri 2-4:50-7:40-10:25 Sat 2-4:50-7:40-10:20 Sun-Tue 2-4:50-7:40-10:25 Wed-Thu 1-3:45-10:25
Runner Runner (14A) No Passes Thu 10
Rush (14A) No Passes Fri-Sun 2:10-5-7:50-10:45 No Passes Mon-Thu 1:35-4:20-7:20-10:30
The Sisterhood of the Traveling Pants (PG) Sat 11
We're the Millers (14A) Fri-Wed 1:45-4:45-7:25-10:10 Thu 1:45-4:45-7:25
The Wolverine 3D (14A) Fri-Thu 9:40

Plaza Theatre
1133 Kensington Rd. N.W.

The Attack (14A) Sat 9:30 Sun 8:30 Mon-Wed 9
Before Midnight (14A) Sat 7:30 Sun 6:30 Mon-Wed 7
No Films Showing Today (STC) Fri Thu

Sunridge Spectrum
2555 32nd Street

Battle of the Year 3D (PG) Fri-Sun 1:20-4:20-7:20-10:05 Mon-Thu 1:20-4-6:40-9:25
Besharam (STC) Wed-Thu 1:30-6-9:50
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri 1:15-4:10-6:55 No Passes Sat 10:50-1:15-4:10-6:55 No Passes Sun 1:15-4:10-6:55 No Passes Mon-Tue 1:15-3:45-6:25 No Passes Wed 3:45-6:25 No Passes Thu 1-3:45-6:25
Star & Strollers Screening, No Passes Wed 1
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri-Sun 12:15-2:45-5:20-7:50-10:20 No Passes Mon-Thu 12:30-3-7-9:30
Def Leppard Viva Hysteria Concert (STC) Wed 7:30
Don Jon (18A) No Passes Fri-Sun 1-3:20-5:40-8-10:20 No Passes Mon-Tue 1-3:20-7:30-9:55 No Passes Wed 3:20-7:25-9:55 No Passes Thu 1-3:20-7:25-9:55 Star & Strollers Screening, No Passes Wed 1
Elysium (14A) Fri-Sun 10 Mon-Thu 9:20
The Family (14A) Fri-Sun 1:40-4:40-7:20-10:25 Mon-Tue 1:05-4:15-7:05-10:15 Wed-Thu 1:05-4:15-7-10:15
Gravity 3D (STC) No Passes Thu 10
Insidious: Chapter 2 (14A) Wed-Thu 12:55-3:35-7:25-10
The Mortal Instruments: City of Bones (PG) Fri-Sun 9:45 Mon-Thu 9:35
On the Job (STC) Fri-Sun 12:35-3:45-7:15 Mon-Thu 1:25-4:15-7:15
Percy Jackson: Sea of Monsters (PG) Fri 1:15 Sat 10:50-1:15 Sun 1:15 Mon-Thu 1:35
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 4:15-7:10-10:10 Mon-Wed 4:10-6:55-10:05 Thu 4:10-6:55
Planes (G) Fri-Sun 12:40 Mon-Thu 1:40
Planes 3D (G) Fri-Sun 3:55-7:10 Mon-Thu 4-7:10
Prisoners (14A) Fri-Sun 12-3:25-6:50-10:15 Mon-Thu 2:55-6:20-9:45
Riddick (18A) Fri-Tue 12:45-3:40-6:50-9:40
Runner Runner (14A) No Passes Thu 10
Rush (14A) No Passes Fri 1:30-4:30-7:30-10:35 No Passes Sat 1:30-4:45-7:40-10:35 No Passes Sun 1:30-4:30-7:30-10:35 No Passes Mon-Thu 1:25-4:20-7:20-10:20
The Sisterhood of the Traveling Pants (PG) Sat 11
We're the Millers (14A) Fri-Sun 12:50-4:05-7-9:50 Mon-Wed 12:50-3:45-6:20-9:15 Thu 12:50-3:45-6:20
The Wolverine (14A) Fri 12:20-3:35-6:40-10 Sat 12:20-3:35-7-10 Sun 12:20-3:35-6:40-10 Mon-Tue 12:35-3:35-6:35-9:45

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The Art of the Steal (14A) Fri-Sun 12:50-3:50-6:40-9:40 Mon-Thu 6:30-8:45
Blue Jasmine (PG) Fri-Sun 1:30-4-6:45-9:10 Mon-Wed 5:40-8:10 Thu 5:40
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri-Sun 12:50 No Passes Mon-Thu 5:30
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri-Sun 3:30-6-8:50 No Passes Mon-Thu 8
Don Jon (18A) No Passes Fri-Sun 1:20-3:50-6:20-9:50 No Passes Mon-Thu 6:20-8:40
The Family (14A) Fri-Sun 12:45-3:30-6:10-9:10 Mon-Thu 5:50-8:30
Insidious: Chapter 2 (14A) Fri-Sun 9 Mon-Thu 8:20
Lee Daniels' The Butler (14A) Fri-Sun 12:30-3:30-6:30-9:30 Mon-Thu 5:35-8:50
Planes (G) Fri-Sun 12:40
Planes 3D (G) Fri-Sun 3:20-6:10 Mon-Thu 5:50
Prisoners (14A) Fri-Sun 12:20-3:40-6:55-10:10 Mon-Thu 5:20-8:35
Rush (14A) No Passes Fri-Sun 1-4:10-7-10 No Passes Mon-Thu 6-9
We're the Millers (14A) Fri-Sun 1:10-4-6:40-9:20 Mon-Wed 6:10-8:55 Thu 8:55

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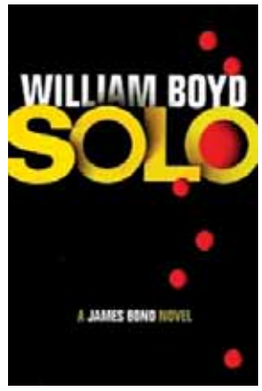
007 turns a new page and goes Solo

James rejuvenated.
Give screen role to Daniel Day-Lewis, says author William Boyd

KIERON MONKS
Metro World News



After 60 years of supervillains, 007 takes on flower power in Solo, the new novel from William Boyd, officially authorized by Ian Fleming Publications. The book will be released Oct. 8 in North America.

A glamorous launch took place Wednesday at the Dorchester Hotel, London, which features in the novel. The first seven copies were signed by the author and driven by Jensen FF — the spy's chosen car in this edition — to Heathrow airport, where they were dispatched to Amsterdam, Edinburgh, Zurich, Los Angeles, New Delhi, Cape Town and Sydney.

The British award-winning novellist and screenwriter Boyd told reporters he wanted to challenge Bond's conservative attitude in a 1969 setting.

"The earlier novels show the unthinking attitude of a man of his class and era, but as an intelligent man he has to be aware of how society is changing with issues like the Vietnam War and the flower power movement." Boyd also has his hero break from MI5 — after a feud with Miss Moneypenny — to go solo in his mission to prevent civil war in West Africa. It represents Bond's first appearance on the continent since Diamonds Are Forever.

But the author does indulge "sensualist" tradition, gifting 007 his personal recipe for a dry martini, a 45th birthday party in a casino, and several passionate affairs. While Boyd has worked on films with three Bonds — Sean Connery, Pierce Brosnan and Daniel Craig — he has another idea for who could play the part in Solo.

"Daniel Day-Lewis resembles the Bond Ian Fleming describes as 'looking like the American singer Hoagy Carmichael.' He fits that image of being tall, rangy, dark-haired, good-looking, which is why I would choose him."

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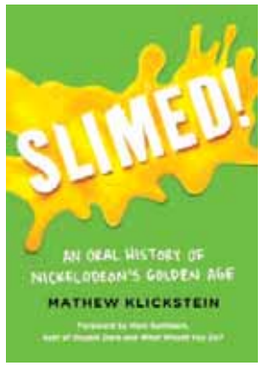
When pre-teen TV made us sail home from school

It was the best of times. A diehard fan makes it his mission to Nick small screen rumours in the bud



Most kids watch Nickelodeon strictly for entertainment. But Mathew Klickstein wasn't most kids.

"I was just always very engaged in what was going on behind the scenes," says the author of the new book SLIMED: An Oral History of Nickelodeon's Golden Age. "I was almost custom-made to do this book."

Growing up, Klickstein was glued to his TV for now-cult-classics like Hey Dude and Salute Your Shorts. His passion for what he calls the "golden age of Nickelodeon" — roughly 1983 to 1995 — inspired him to "jump through a lot of hoops" to score interviews with some of his favourite TV stars of yore. Now, he even counts many of them, like Marc Summers, friends.

Ironically, Klickstein doesn't watch any television these days, as he thinks the quality has gone downhill since his favourite Nick shows were on.

"You could tell immediately that you were watching Nick," he says. "[Their shows] looked different. They were doing something they just can't do now."

But not all of his feelings about TV have changed.

"I've given up in trying to pretend: My favourite shows were Pete and Pete and Ren and Stimpy then, and they're Pete and Pete and Ren and Stimpy now."

METRO

Four things you didn't know about your favourite Nick shows

It seems as though Sabrina wasn't the only witch on the set. HANDOUT

- **There wasn't much hooking up behind the scenes.** "At the end of the day," Klickstein says, "A: They were just kids who were all being very monitored, and B: Most of these shows were only on for a couple seasons — they were just rerun over and over again in syndication. The Midnight Society [from Are You Afraid of the Dark] did all those intros in a couple weeks, and then they were done. They weren't with each other long enough and they were always being broken up by adults."
- **Kenan & Kel no longer speak.** "Kel was originally Kenan," Klickstein says, in the sense that Kel was originally the more successful of the duo. "Kel sort of shot forward and became a bit of a diva, and suddenly Kenan gets in with Bill Cosby and does Fat Albert, now he's on SNL, so he's the successful one. Kel's doing gospel Christian music now."
- **Melissa Joan Hart has a stage mom.** "Melissa Joan Hart was great — she has the sexiest laugh of anybody I've ever talked to in my life," Klickstein muses. "She and her mom are also very smart in that they own the property to Sabrina [the Teenage Witch] so when they sold that they got Seinfeld-type money. That's why she's doing well — she's able to keep producing because she and mom have a lot of money. Everyone across the board had stories about Melissa Joan Hart's mom Paula — terrible stories. Her name came up so often, she just was a handful for everyone, and a very strange character."
- **There almost wasn't a Salute Your Shorts.** The camp show was deemed "cookie cutter" and "stereotypical" when the first pilot was written. "The original script was so bad that the VP of production, Geoffrey Darby, held it in front of the producer at the time, and said, 'You know what I think about this?' And threw it in the trash. ... And basically they were like 'Please give us another shot.' And so Geoffrey Darby worked them to completely rework the script."

Bryan Breaking down Bad

Series finale. Cranston talks about the role of a lifetime and how we're all capable of becoming a person like Heisenberg

NED EHRBAR
Metro World News in Hollywood

I had the chance to visit the set of Breaking Bad a few months ago. It's close to freezing in downtown Albuquerque, N.M., but Bryan Cranston isn't allowed to let on that he's cold.

He and Aaron Paul are currently filming a scene in a public square, and though it's the dead of winter in real life, there's apparently no such thing as the dead of winter in the Breaking Bad universe.

"They try not to show really any season. It's like, light jackets, windbreakers. We're never in big jackets, you'll never see that. I always wear a T-shirt," Cranston explains.

"My hands are still cold right now."

And that can make shooting the hit series a bit uncomfortable.

"These are conditions; these are little things. Sometimes we're shooting in August and we have to look cool, and sometimes we're shooting in winter and we have to look hot," he says.

Weather woes are just one of the details we picked up from Cranston during a visit to the set of the hit series, a job that has earned Cranston awards and accolades and reinvented his career through playing high school teacher turned meth dealer Walter White. Here's what else we learned.

He doesn't know if Walt can be redeemed — and he doesn't care:
"Is it important? It's such a subjective viewpoint. I don't judge him," Cranston says. "This was all designed. This series is unlike any in the history of television. This show was meant to be discomforting. The hook was to make him sympathetic. We knew that if we could make you sympathize with him at first — in the first couple episodes, we were rooting for him. You were rooting for him to make crystal methamphetamine and sell it to the world. Why is that good? There is ambivalence even in that."

Bryan Cranston has learned many lessons during his time on Breaking Bad. CONTRIBUTED

He has a hair strategy:
"I grow hair out. As soon as every season is done I start growing my hair and start growing my (facial) hair. So I would end up with a full beard and hair, and whatever job is next I would then be able to sculpt how I wanted that look," he says. "Just before Argo, I was shooting Total Recall in Toronto, and just before Total Recall, I was shooting Breaking Bad. Season four had just ended, I believe. So my hair was short and I wore a wig (for Total Recall), and then as my hair is growing, by the time Argo came along it was long enough to portray this CIA officer."

He can no longer dress himself:
"I don't care what a I look like. Look at me, I'm kind of a slob when I'm not dressed in Prada that someone dressed me and put on me and laid out for me," says Cranston, dressed comfortably in jeans and a plaid flannel shirt. "But I like it that way. I'm so used to people laying clothes out for me, like wardrobe people will. And my wife and daughter love doing that, so I don't have to pick out clothes except when I'm here and no one's around."

Dangerous

"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own. I believe that anyone could become very dangerous."
Bryan Cranston
On playing Walter White

He's found his outlet:
"Some cope with medication, some cope with calming. I run, and when I run I spew," Cranston says. "I get rid of aggressions and anxieties, and I run. It's a solo act for me. I always sleep better, I always eat better because I feel good about what I've done, I'm more regular — all the things you don't want to know. And my wife now is like, 'Can you go run?' She can sense it. We all need an outlet, and you're lucky if you find it."

Playing this role has changed him:
"It's dropped my voice," Cranston reveals.

"If you go back (to the first season,) a couple things have happened. My posture has changed. When I was Walter more often, I was rolled over and kind of world-weary, and my posture changes when I go into Heisenberg. My voice drops, and by dropping my voice — just thinking it, feeling it — my own voice has dropped. It's a little bit lower."

Everyone is capable of breaking bad:
"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own. I believe that anyone could become very dangerous given the right set of circumstances, the right buttons being pushed," Cranston says.

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Not your usual finds

SOUND CHECK
Alan Cross
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We're officially into the fall record release season — although not all of these tracks will appear in stores

Wrecking Ball (Nickelback version)

Last week I subjected you to the Nicholas Cage version of this song (i.e. Miley's head replaced with Cage's). The newest derivation features Chad Kroeger's head. Again, proceed with caution.

Gimme/Beck

There won't be a full album until next year so this single — also available as a 12-inch vinyl — will have to do until then.

Scentless Apprentice/ Nirvana

The 20th anniversary of the release of In Utero was marked with a new reissue this week. Part of the package includes live recordings from a show in Seattle from December 1993.

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The Power to Surprise

Facing the music: Nick Carter dishes on life as a pop phenom

Memoir. Backstreet Boy talks to Metro about his new book, wedding plans and upcoming documentary

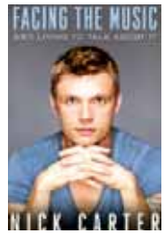
MEREDITH ENGEL
Metro World News

It's a good time to be Nick Carter: The singer is celebrating 20 years (!) with the Backstreet Boys, is engaged to fitness pro Lauren Kitt and has just published a memoir.

Facing the Music and Living to Talk About It doesn't shy away from the low points of Carter's life, like his battles with substance abuse, and also examines the crazy whirlwind of a life that comes with being an international pop phenom. We stole a few minutes of Carter's time after a recent book signing.

Why was now the right time for a book?
There's never a right time. I kind of let things happen for a reason and that's what happened. I did the show (about my addiction struggles) with Dr. Phil about a year ago, and he mentioned (a book), so we ran with it. I just started writing it to see how it would feel, and then it started feeling really good, therapeutic, and then things started clicking. (I felt) like this could be something that may be helpful to someone who I like to say is in a moment of strength — instead of a moment of weakness — when they want to overcome something.

Were you nervous to put yourself out there?
That's the only way I can be. It's all about just putting it all out there. There's so many things in life that use the same theory, and that's: "If you can't be real, then what are you doing it for?" … I wasn't scared, I was more relieved after it was



finally released. I feel every single day as if I'm learning from this experience. Because as an entertainer, yeah, I do give back, but not in this way.

You weren't shy about naming names in the book. You spoke about how your relationship with Paris Hilton fuelled some of your problems.
Everyone knew about what was going on and, you know, I wasn't perfect, she wasn't perfect, we just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery. It just wasn't good for me at that time.

You're getting married! How far are you into wedding planning?
We're looking (at) I'd say either January or March. We haven't decided that. We are actually in the middle of doing a presentation for a TV show. It might happen — I mean, it's like 70/30 — so we're really working on it and we'll see what happens. But VH1 is interested and it's going to be based around the marriage and about the struggles that still happen to this day, but much more lighthearted stuff.

And the Backstreet Boys have a documentary coming out too, right?
That'll be coming out next year as well. We've been through 20 years of a lot and I think people are interested in how we became who we are … the individuals, our dynamic, the kind of group we are, the success, the failures, everything in one documentary.

Backstreet Boy Nick Carter has just published a memoir: Facing the Music and Living to Talk About It. GETTY IMAGES

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10 fun facts about everything Cher

Closer to the Truth. With a new album coming out this week and an upcoming tour, the diva is ready for her big comeback

ANDREA PARK
Metro World News

Cher hasn't recorded an album in more than a decade, but the diva has been busy lately promoting her new album, Closer to the Truth, which hit stores this week.

She performed her lead single, Woman's World, on the Today Show and has been making the media rounds as part of her big comeback — and she has a lot to say. Here are 10 fun facts to bring you up to speed on everything Cher.

1. She is her own harshest critic. After her Today Show performance Tuesday, Cher took herself to task on Twitter. She responded to her fans' praise of her singing and tweeted: "Guess IT Wasn't As Bad As I Thought? Wait, Let Me Rephrase THAT … I Diidnt Hit Notes, Hit Some (Flat), Sharp, Missed BRIDGE on IHYFI, PPL R KIND."

2. Speaking of Twitter, Cher is on it all day. Typos be damned, no celeb can tweet up a storm like Cher can. She tweeted that she can't handle anything more technologically advanced than a rubber band, but that hasn't stopped her from tweeting style tips, birthday messages to fans and a running commentary on her daily life.

3. She's a mama's girl, and proud of it. Along with her album, Cher just released a documentary for purchase called Dear Mom, Love Cher. The diva originally planned to make a 16-minute video tribute to her 87-year-old mother, Georgia Holt, incorporating old tapes of an album Holt recorded, but never released, in 1980. The video turned into an hour-long documentary that aired on Lifetime in May.

4. She hates being "old." Cher doesn't look her age, but she feels it. She's told interviewers that she's 100 or a million years old, but she's actually 67. She told CBS, "People are so shocked that I say I don't like getting older, because I think you're supposed to say, 'Oh, I'm better than ever, and it's great, and blah, blah, blah.' Uh-uh. Not happening for me."

5. She turned down the chance to sing at the upcoming Olympics. Cher is anti-discrimination and she's not happy about Russia's stance on LGBT citizens. She said she was asked to open the Olympics show in Sochi and declined due to the country's treatment of gays.

6. She didn't like Miley Cyrus' VMAs act. She told CBS she doesn't have a problem with out-there performances or esthetics, but she does have a problem with "things done badly." She said of the performance, "Outfit, terrible. Dancing, terrible. Singing, average. Performance, terrible."

7. She is a fan of both Clintons. Count Cher in for Hillary 2016. She told the Guardian that "Hillary Clinton would make a fine president. I also think that Bill would be an awful lot of help."

8. She has a love-hate relationship with touring. Cher told Today that being on tour has drawbacks. "I understand why guys in bands tear up hotel rooms and throw TVs out the windows. Because it's a very lonely place. The only time you have fun is at the concerts."

9. She struggled with Chaz Bono's sex change. She told CBS she was afraid of "losing" her daughter but that Chaz stayed the same person.

10. Her tour starts next year. This will be Cher's first tour in more than eight years. The Dressed to Kill tour begins on March 22 in Phoenix.

Cher during her performance on the Today Show on Tuesday. GETTY IMAGES

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Michael Lohan

Daddy Lohan's secret daughter goes under knife to look like Lindsay. Yikes!

Oh my lord, this story makes us want to become nuns, or vegans or something. Something really pure and sober and far away from this kind of Hollywood nastiness. Remember a few years ago when it was revealed that Lindsay Lohan's father Michael Lohan had fathered a secret daughter while still married to Dina Lohan? That daughter, Ashley Horn, is 18 now, and she's gotten $25,000 of plastic surgery to look more like Lindsay. Are you back from staring blankly at the horizon, a sweaty drink clutched in your hand? Cool. "My goal was to look like Lindsay in her good days, when she was around 18, 19 years old," Horn, who has never met her famous sister, told In Style. She doesn't, really, but Ashley's apparently pleased with the results. "I'm hotter than Lindsay!" she said. "I have no problem saying that." Oh, I think you have any number of problems, girl.

Galifianakis goes where many would love to tread

Zach Galifianakis

We imagine there are a lot of people who have been waiting for a long time to see someone spank Justin Bieber's little butt. Not necessarily for the same reasons. Anyway, they're all in luck. Justin Bieber appeared on Between Two Ferns, Zach Galifianakis's mock talk show on Funny Or Die. As usual, Galifianakis's talk show host character was sullen, hostile and incompetent, and with Bieber he really turns up the hostility. "You've had three hairstyles. What's next for your career?" he demands. Finally the comedian whips off his belt to give Justin a spanking. The whole thing makes the pop star look like a good sport about his recent image troubles, which I imagine was the point.

The Word

Open-minded Gwyneth tempts fate with fidelity comment

MELINDA TAUB
Metro World News in NYC

Cheating on your spouse is a big no-no for most people, unless you're married to a really chill, go with the flow kind of lady. You know, like Gwyneth Paltrow.

In her latest film, Thanks for Sharing, Paltrow plays a woman dating a sex addict, and she says she could handle it in real life if her spouse was unfaithful.

"I think that if the idea of being committed to someone is important to you, you begin to value certain parts of your social life over another. No couple is the same, and as such, every couple takes on different challenges. I would like to think that I would be forgiving and/or forgiven, but I can't give an honest answer as I haven't really experienced that," said Paltrow, who's married to Coldplay musician Chris Martin.

Paltrow would be totally cool about cheating, but it doesn't matter, because no one has ever, ever cheated on her. Got it.

The Iron Man star also said she'd be able to deal with dating a sex addict. "I'm an extremely open-minded person, so I think if it was something I knew I was getting myself into, I wouldn't let it deter me from exploring the relationship." I love her. I really do.

Brad Pitt and Shia LaBeouf. ALL IMAGES GETTY

Attention! Wilderness bonding awaits for privates Pitt and LaBeouf

Brad Pitt, Shia LaBeouf and three other Fury cast-members were "ordered to go camping together" recently in the English countryside in preparation for the film, according to Us Weekly. "They play soldiers in the same World War II troop, and the director (David Ayer) wanted to make sure they bonded," a source says. "So he dropped them in the wilderness — without their cellphones."

Twitter

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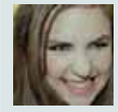
@NiallOfficial
I just had a bath for the first time in years! Feels great! Feel 100% now!



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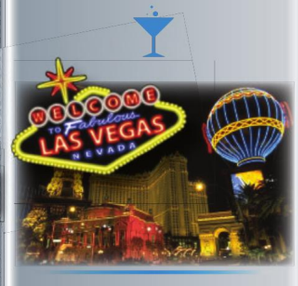

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Baking Beekman style: Buttermilk Pie

The Fabulous Beekman Boys. Josh Kilmer-Purcell and his partner Brent Ridge are still enjoying country life — and eats

IZABELA SZYDLO
lfie@metronews.ca

Josh Kilmer-Purcell and Brent Ridge of The Fabulous Beekman Boys. CONTRIBUTED

What do you do after leaving the hectic pace of New York City to buy a 19th century farmhouse in upstate New York?

If you're couple Josh Kilmer-Purcell and Brent Ridge, you launch a local produce company called Beekman 1802 (now one of the fastest growing lifestyle brands in the U.S.) and learn to be farmers — with cameras in tow. Then you race around the world on the Amazing Race — and win.

After their 2012 win, Kilmer-Purcell and Ridge are once again gracing TV screens with a new season of The Fabulous Beekman Boys (Tuesdays, 10 p.m. on Cottage Life TV).

The couple also recently published its first book — The Beekman 1802 Heirloom Dessert Cookbook: 100 Delicious Heritage Recipes from the Farm and Garden.

Of this Buttermilk Pie with Pecan Crust, the boys say, "This delectable pie is something Grandma might have made with pecans from the backyard tree and tangy buttermilk. This pie is sweet, rich and just plain lovely."

This recipe serves eight. CONTRIBUTED

Ingredients

Crust
- 1 cup all-purpose flour (spooned into cup and levelled off)
- 1/3 cup pecans
- 3 tbsp granulated sugar
- 1/2 tsp salt
- 4 tbsp (1/2 stick) cold unsalted butter, cut into bits
- 1 large egg
- Flour for the work surface

Filling
- 11/4 cups granulated sugar
- 3 tbsp cornstarch
- 3 large eggs
- 6 tbsp (3/4 stick) unsalted butter, melted
- 11/3 cups buttermilk
- 1 tsp grated lemon zest
- 1/2 tsp freshly grated nutmeg
- Pecans for garnish (optional)

1. Crust: In food processor, combine flour, pecans, sugar, and salt and pulse until pecans are finely ground. Add butter and egg and pulse until dough holds together when pinched but does not form ball. Pat into a flat disk and refrigerate for at least 30 minutes or up to a day.

2. On a lightly floured work surface, roll out the dough to a 12-inch round. Roll dough around rolling pin and fit into a 9-inch pie plate without stretching it, pressing the dough into the bottom and against the sides of the pan. With a pair of scissors or a paring knife, trim the dough to leave a 1-inch overhang all around. Fold the overhang in over the rim to make a double layer of dough and, with your fingers, crimp the dough around the edge. Refrigerate for at least 1 hour before baking (this helps relax dough so it doesn't shrink when baking).

3. Preheat the oven to 400 F. Line the pie shell with foil or parchment paper, leaving an overhang, and fill with pie weights or dried beans to weight the crust down. Bake for 15 minutes, then remove the foil and weights and bake for 10 minutes longer or until golden. Remove the pie shell and leave the oven on but reduce the temperature to 325 F.

4. Filling: In food processor, combine sugar and cornstarch and pulse until combined. Add the eggs, butter, buttermilk, lemon zest, and nutmeg and process until combined.

5. Pour the mixture into the warm pie shell and bake for 55 minutes to 1 hour, or until the filling is set and just slightly wobbly in the centre. Let cool on a wire rack. Serve at room temperature or chilled, garnished with pecans, if you like.

RECIPE ADAPTED FROM THE BEEKMAN 1802 HEIRLOOM DESSERT COOKBOOK

Liquid Assets

O, Canada

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

How does fall know? As soon as the first day of autumn hits, there's a noticeable chill in the air and leaves start dropping faster than beats from a Jay Z album.

Actually, I love fall. There's Thanksgiving (my fave wine buying holiday), Halloween and a vibe in the air that gets my palate in the mood for a warming glass of whisky. The rustic aromas and robust flavours of whisky is a perfect foil for the season.

While Canadian whisky has languished in the shadow of its American, Irish and Scottish cousins for way too long, new artisan producers have taken the brown spirit category by storm. Nova Scotia's Glenora makes the only true Canuck single malt at its distillery in Glenville on Cape Breton Island. Though Glenora's Glen Breton Rare 10 Year Old Single Malt Canadian Whisky ($72.95 to $88.10) doesn't hide its Scottish influences, it adds its own twist with soft aromatics and a smooth attack on the palate.

Typically served on its own or over ice, it makes an appealing partner for many cheeses and desserts, especially the pecan-influenced pie sharing my page today.

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PARKLUXE

Come to PARKLUXE, the fashion and art show happening on Thursday at the TELUS Spark Centre (at 220 St. George's Drive NE). The event is geared at drawing attention to aspiring fashion names in the city, some of whom are currently making couture headlines in Canada and North America. Doors open at 8 p.m. This is an 18 plus event. For tickets visit ourparkonline.com.

Current Swell

Long Time Ago is Current Swell's new album and they're coming to Calgary on Thursday. The Victoria band's latest album is a mix of upbeat folk and roots rock. The latest album takes inspiration from friends, acquaintances and sometimes strangers the band has met in their travels. Current Swell was the winner of the 2011 Vancouver Peak Performance Project and the momentum of the group only continues to grow. These guys have played with the Tragically Hip, K-OS, Xavier Rudd and K'naan. The band is playing at the Republik Night Club. Visit therepublik.ca.

Boeing Boeing

The Pumphouse Theatre brings you Boeing Boeing, a hilarious comedy about a popular bachelor named Bernard who finds himself in a rather precarious situation when he realizes that he is headed to the same destination as all three of his fiancées. The audience will be delighted with all the chaos and mishaps that ensue as Bernard struggles to keep on top of the situation. Yikes! The show runs from Oct. 4 to Oct. 12. For tickets ($15-20) call 403-246-2999.

10th Annual East Side Studio Crawl

On Saturday from 11 a.m. to 5 p.m., almost 175 artists located in Ramsay are rolling out the red carpet and inviting you to explore more than 40 studios. From jewelry to drawings, there is art to see for all. A list of the working studios on the crawl can be found at burnsvisualarts.com and includes the Burns Visual Arts Society (828 24th Ave SE), the Artpoint Gallery & Studios (1139 11th St. SE) and others. The main purpose of the BVAS is to provide studio space at a reasonable cost to working visual artists.

Calgary Improv Festival

The CIF started up last week and will continue over the weekend with the Vancouver Theatre Sports League performing at the Impro Depot Theatre (2405 Macleod Trail S) on Friday at 8 p.m.; tickets are $20. Colin Mochrie, best known for his work on Whose Line is it Anyway?, is performing at the Epcor Centre's Jack Singer Concert Hall on Sunday, at 7:30 p.m. The show is the final and biggest show of the fest and tickets range from $25 to $45. Visit calgaryimprovfestival.com.

Go off the CUFF this weekend

On Saturday, the Calgary Underground Film Festival (CUFF) and the Calgary International Film Festival are partnering up to show Borgman and The Battery at the Globe Theatre (617 8 Ave SW). CUFF will be hosting an after-party following the Saturday screening from 11:45 p.m. to close at Sole Korea at 628 8th Ave. SW. Borgman is a Dutch thriller film and The Battery is an American flick about two mismatched souls working to survive a zombie apocalypse. Visit calgaryfilm.com

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UFC

'Bones' Jones to face Teixera next

A rematch with Alexander Gustafsson will have to wait for Jon "Bones" Jones.

The UFC light-heavyweight champion is slated to meet Glover Teixeira next, as originally planned.

There was talk that the Brazilian's title shot might be delayed after UFC 165 earlier this month when Jones won a close decision over Gustafsson.

THE CANADIAN PRESS

NHL

Thomas lands full-time gig in Florida

Tim Thomas is officially back in the NHL.

The Stanley Cup-winning goalie signed a one-year contract Thursday with the Florida Panthers, a move that was expected for several days. Financial terms were not released.

The team will also introduce Vincent Viola as its new owner on Friday, according to a person familiar with the situation.

THE ASSOCIATED PRESS

Obituary

Famed sports photographer dead at 82

Denis Brodeur, the father of goalie Martin Brodeur who enjoyed a lengthy career as one of Canada's most successful sports photographers, has died at age 82.

He shot the Montreal Canadiens for several decades, first as a newspaper man and then as the team's official photographer.

THE CANADIAN PRESS

NHLers locked in a year after lockout

On time this time.
Players reflect on last year's uncertainty and this year's excitement

Rangers goalie Martin Biron makes the save on the Oilers' Jordan Eberle during pre-season hockey in Edmonton on Tuesday. JASON FRANSON/THE CANADIAN PRESS

A little over a year ago, Jordan Eberle packed his things and drove from his summer home in Calgary to Edmonton like any other season, but there was one major difference.

"Obviously, I didn't know where I was playing," the Oilers forward said.

The uncertainty of the lockout "overwhelmed everything," in the words of NHLPA executive director Donald Fehr. For players, not having a target date to shoot for a year ago made for a unique challenge.

"You didn't know what was going to happen," Boston Bruins goaltender Tuukka Rask said. "You just didn't want to burn yourself out by working out."

Those worries and so many others are gone. The 2013-14 NHL season features full training camps and exhibition schedules and, most importantly, an 82-game season that feels much more familiar than the 48-game sprint of last season.

"This is a little bit more back to normal," New York Rangers goaltender Henrik Lundqvist said. "After a long summer, you're excited to be back on the ice and get ready and start playing again. The same feeling you had last summer, it was just you never got the chance to start on time. That was disappointing, but we moved past that now and I think everybody's just happy to be back and preparing for a new season. I think both players and hopefully fans feel the same way."

Harmony returned to hockey not too long after the acrimonious lockout ended in January. Fehr was not surprised that the focus shifted quickly from boardroom monotony to intense focus on the ice.

A memorable Stanley Cup final between the Chicago Blackhawks and the Bruins closed out the spectacular season that almost wasn't. It was the most watched final on record, and other ratings and attendance figures made the lockout seem like a distant memory.

"It's almost like it was forgotten about a week after you start playing," NHL executive vice president and director of hockey operations Colin Campbell said. THE CANADIAN PRESS

Lockout fallout

An even split of hockey-related revenue between owners and players set the salary cap at $64.3 million, making for plenty roster questions in the closing days of the pre-season.

- Realignment into four divisions and a new playoff format adds a layer of unpredictability to the proceedings.
- The Red Wings and Blue Jackets' move to the Eastern Conference could displace one or more playoff teams while the Winnipeg Jets got a geographic gift with their shift to the West.

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684888T
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140957LP
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106,342 km
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596883LP
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206352T
25,913 KM
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A91989T
50,100 KM
AUTO
ALLOYS
V6

2011 TOYOTA RAV4 V6

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041328P
77,000 KM
AUTO
ALLOYS
A/C

2011 TOYOTA VENZA AWD

$28,998

050989LP
45,000 KM
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LOADED!

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V6
TOPPER
A/C

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18,200 KM
MANUAL
LEATHER
SUNROOF

2005 TOYOTA SIENNA XLE

$14,980

349340T
166,944 km
LEATHER
DVD
LOADED!

2009 TOYOTA VENZA AWD

$199/BW

007480LP
72,000 km
TOURING
LEATHER
ALLOYS

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IOC convinced Russia will respect Olympic charter

Sochi check. But commission admits it 'doesn't really have the right to discuss the laws in the country'

The International Olympic Committee doesn't have the authority to intervene in Russia's law banning gay propaganda and is convinced there will be no discrimination against athletes or spectators at the Winter Games in Sochi, a top Olympic official said Thursday.

Jean-Claude Killy, chairman of the IOC Coordination Commission, gave his stamp of approval of Russian preparations for the Games during a news conference at the conclusion of the commission's 10th and final visit to Sochi before the Olympics, which begin on Feb. 7.

Russia has come under scrutiny as the next host of the Olympics because of the law passed this summer outlawing "propaganda of nontraditional sexual relations among minors," which many worry may apply to gay athletes and visitors to the games.

Killy said the commission considered the issue carefully and in the end was fully convinced that Russia will respect the Olympic charter, which prohibits discrimination of any kind. He said the IOC had received written assurances from Russian officials there would be no discrimination.

Russian officials insist the law is designed to protect children and doesn't infringe on the rights of gays.

The Human Rights Campaign, the largest gay rights organization in the U.S., condemned the IOC's assessment of the Russian law.

THE ASSOCIATED PRESS

Quoted

"The Olympic charter states that all segregation is completely prohibited, whether it be on the grounds of race, religion, colour or other, on the Olympic territory."

Jean-Claude Killy, chairman of the IOC Coordination Commission

Exit Sandman: Rivera throws final pitch in Bronx

Baseball's most acclaimed relief pitcher made an emotional exit in his final appearance in the Yankees' home pinstripes on Thursday night. Captain Derek Jeter and Andy Pettitte came to the mound to remove Rivera with two outs in the ninth inning of a 4-0 loss to the Tampa Bay Rays. Both Rivera and Pettitte will retire after the season. KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Countdown on for Selig's retirement

After a decade of maintaining his departure was imminent, baseball commissioner Bud Selig put his exit plans in writing Thursday and said in a statement he will retire in January 2015 after 22 years.

His revolutionary reign produced an $8-billion industry, interleague play, an expanded post-season and two decades of labour peace. But, he also presided over a cancelled World Series and long-running drug scandal.

Bud Selig
GETTY IMAGES FILE

Some owners — even his wife — had been skeptical in the past that he really would quit, but this marked the first time he issued a formal statement that he will give up the sport's top job. He even gave an exact date: Jan. 24, 2015. THE ASSOCIATED PRESS

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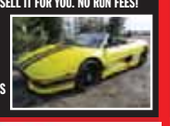

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	96	63	.604	—
Tampa Bay	90	69	.566	6
Baltimore	83	76	.522	13
New York	82	77	.516	14
Toronto	72	87	.453	24

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	93	66	.585	—
Cleveland	89	70	.560	4
Kansas City	84	75	.528	9
Minnesota	66	93	.415	27
Chicago	62	97	.390	31

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	88	71	.553	6
Los Angeles	78	81	.491	16
Seattle	70	89	.440	24
Houston	51	108	.321	43

Thursday's results
Baltimore 3 Toronto 2
Tampa Bay 4 N.Y. Yankees 0
Texas 6 L.A. Angels 5
Kansas City 3 Chicago White Sox 2
Cleveland 6 Minnesota 5
Wednesday's results
L.A. Angels 3 Oakland 1
Cleveland 7 Chicago White Sox 2
Baltimore 9 Toronto 5
Tampa Bay 8 N.Y. Yankees 3
Texas 7 Houston 3
Detroit 1 Minnesota 0
Seattle 6 Kansas City 0
Friday's games — All times Eastern
Boston (Buchholz 11-1) at Baltimore (Feldman 5-5), 7:05 p.m.
Tampa Bay (Hellickson 12-9) at Toronto (Dickey 13-13), 7:07 p.m.
L.A. Angels (Wilson 17-7) at Texas (Ogando 7-4), 8:05 p.m.
N.Y. Yankees at Houston (Oberholtzer 4-4), 8:10 p.m.
Kansas City (Shields 12-9) at Chicago White Sox (Sale 11-13), 8:10 p.m.
Cleveland (Kluber 10-5) at Minnesota (Hernandez 3-2), 8:10 p.m.
Oakland (Colon 17-6) at Seattle (Hernandez 12-9), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	94	65	.591	—
Washington	84	75	.528	—
New York	73	86	.459	—
Philadelphia	72	87	.453	—
Miami	59	100	.371	—

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	72	87	.453	22
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	67	.576	—
Arizona	80	79	.503	—
San Diego	75	84	.472	—
San Francisco	73	85	.462	—
Colorado	72	87	.453	—

Thursday's results
San Diego 3 Arizona 2 (11)
Milwaukee 4 N.Y. Mets 2
Atlanta 7 Philadelphia 1
L.A. Dodgers at San Francisco
Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee 4 Atlanta 0
Miami 3 Philadelphia 2
Boston 15 Colorado 5
San Diego 12 Arizona 2
San Francisco 6 L.A. Dodgers 4
Friday's games — All times Eastern
Detroit (Porcello 13-8) at Miami (Koehler 4-10), 7:10 p.m.
Milwaukee (Gallardo 11-10) at N.Y. Mets (Torres 4-5), 7:10 p.m.
Pittsburgh (Burnett 9-11) at Cincinnati (Bailey 11-11), 7:10 p.m.
Philadelphia (Lee 14-7) at Atlanta (Medlen 14-12), 7:30 p.m.
Chicago Cubs (Wood 9-11) at St. Louis (Lynn 14-10), 8:15 p.m.
Washington (Strasburg 7-9) at Arizona (Corbin 14-7), 9:40 p.m.
Colorado (McHugh 0-3) at L.A. Dodgers (Kershaw 15-9), 10:10 p.m.
San Diego (Smith 1-2) at San Francisco (Vogelsong 3-6), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's result
San Francisco 35 St. Louis 11
Sunday's games — All Times Eastern
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Get your head out of the clouds and be more practical. No matter how pleased you may be by recent events, you cannot afford to believe that nothing will change. Fantasy is fun but the real world matters.

♉ Taurus
April 21 - May 21
You may feel guilty that you have not spent more time with someone you are fond of but they understand, so don't beat yourself up. You will get plenty of chances to make it up to them over the weekend.

♊ Gemini
May 22 - June 21
Something will go wrong today but it's no big deal. Stay calm and tackle the problem in a controlled way. Others will react on an emotional level, so you must keep your head.

♋ Cancer
June 22 - July 23
A difficult decision involving a family matter will have to be made and you must make the final call. You may not want to hurt a loved one's feelings but sometimes you have to be cruel to be kind.

♌ Leo
July 24 - Aug. 23
You need to streamline your workload and you can start by knocking minor projects on the head. If they don't take you closer to your number one goal then they are a waste of time — get rid of them.

♍ Virgo
Aug. 24 - Sept. 23
Conserve your energy. The planets indicate that the weekend could be extra busy, so make use of today's less stressful aspects to rest.

♎ Libra
Sept. 24 - Oct. 23
Promise yourself that no matter what kind of situation you find yourself in you will find a way to turn it to your advantage. You're nothing if not creative.

♏ Scorpio
Oct. 24 - Nov. 22
You are many things but no way are you stupid. Which makes you wonder why someone is trying to get you interested in a plan that has no way of ever succeeding.

♐ Sagittarius
Nov. 23 - Dec. 21
There are some things that even a fun-loving Sagittarian finds too serious to laugh about and one such topic is dominant now. Others may mock but you think a sense of respect is in order and intend to act accordingly.

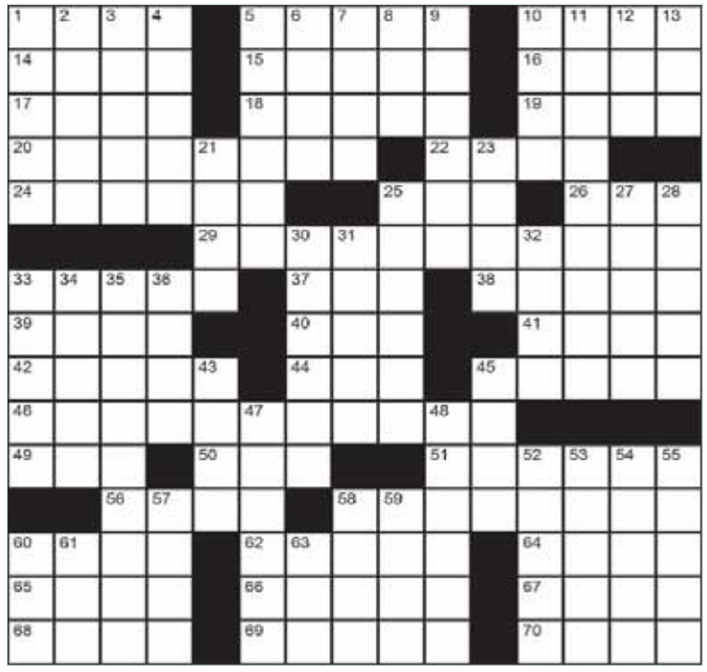
♑ Capricorn
Dec. 22 - Jan. 20
Try to be tolerant of people who see life from a different angle. Some of them may be a bit lacking in the brain box department but it takes all sorts to make a world.

♒ Aquarius
Jan. 21 - Feb. 19
Strive to stay on good terms with partners, whatever differences of opinion you may have had recently. You will need all the support you can get over the weekend, so don't alienate anyone.

♓ Pisces
Feb. 20 - March 20
If there are any loose ends of a financial nature that need to be tied up then get tying now because come Sunday you will no longer be in charge of what happens. SALLY BROMPTON

Crossword: Canada Across and Down

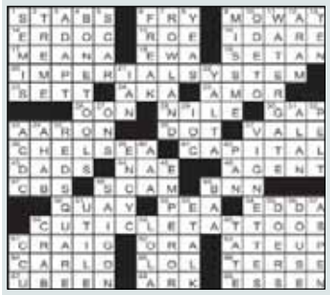
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Glycolic __ (Skin product ingredient)
5. Olympic award
10. Quickened
14. Singer, __ _. King
15. Picture
16. Director Mr. Preminger
17. Norwegian king, variantly
18. Metric weights, for short
19. Place for makeup
20. Kingston, ON: Royal __ College of Canada
22. Faux-teller
24. Song type
25. Racket
26. '_' __ for Montreal
29. Canadian chocolate bar: 2 wds.
33. Suits components
37. Curve
38. Juno-winning band from Winnipeg, __ & Hawk
39. But: German
40. Eggs of fish
41. Kin of Eire
42. Mr. Bean portrayer, __ Atkinson
44. Have
45. Actress, Kirsten __
46. Singer nicknamed 'Canada's Country Gentleman': 2 wds.
49. Music style
50. Natalie Cole's father
51. Chips with gooey cheese
56. Light beams
58. Architectural landmark in Toronto: 2 wds.
60. British songstress, __ Dee
62. Vera Wang customer
64. Parliament Hill worker
65. Hold on property
66. Someone who appraises
67. Keep in __ (Dance teacher's instruction)
68. Politician Mr. Romney
69. Moulding styles
70. Royal Canadian __

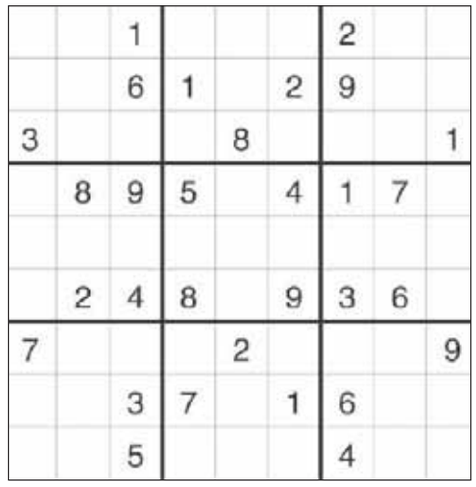
Down
1. The Gap Band's "You Dropped _ __ on Me"
2. Salsa singer Ms. Cruz
3. Counting everything: 2 wds.
4. Satan
5. Gilbert & Sullivan's The __
6. Mideast chieftain, variantly
7. NBC's "The Voice" host Carson
8. In times past
9. "Gigi" (1958) star Ms. Caron
10. Couch
11. Nunavut's official bird, Rock __
12. And so on [abbr.]
13. __-eyed
21. tic __ (Some candies)
23. Early filmdom's Thomas H. __ (b.1882 - d.1924)
25. Proper
27. Small lands on water
28. Type of wheat
30. "Groovy, man.": 2 wds.
31. Displeased look
32. Brand of spaghetti sauce
33. Roles
34. You can't judge _ __ by its cover
35. Town between Toronto and Barrie in Ontario
36. Streetcar, in Britain
43. _ _, _ _ (Part of a Big Apple addr.)
45. Horse-hauled cart
47. Board game company
48. Inputs information
52. __ Provincial Park, in BC
53. Port-au-Prince's locale
54. "Back in the __ days..."
55. Got Z's
57. Isn't, in slang
58. Mention
59. Notion, in Montreal
60. Dutch airline
61. Gladiator's 3
63. Chide

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	8	9	5	3	6	1	7	4
1	6	7	4	9	2	3	5	8
3	5	4	8	7	1	6	9	2
6	3	5	1	2	4	7	8	9
8	9	1	7	5	3	4	2	6
7	4	2	9	6	8	5	1	3
5	7	3	6	8	9	2	4	1
4	2	8	3	1	5	9	6	7
9	1	6	2	4	7	8	3	5

Weather

TODAY	SATURDAY	SUNDAY
MAX: 13° MIN: 0°	MAX: 14° MIN: 2°	MAX: 18 MIN: 9°

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